

Activity Tracker – As part of #ActiveAugust

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

| | | | | | | |
|--|--|--|--|--|--|--|
| | | | 1 | 2 | 3 | 4 |
| | | | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles |
| 26 | 27 | 28 | 28 | 30 | 31 | |
| Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | Distance _____ Steps, kilometres, miles | |

What's your activity?

Walk, roll, run

Cycle

Swim

