

Healthwalks Winter Walking Challenge

"A walk in nature walks the soul back home"
(Mary Davis)



Join the Healthwalks Lockdown Walking Challenge at

<https://www.facebook.com/groups/464419767585629/>

Or if you don't have Facebook contact healthwalks@brighton-hove.gov.uk / 01273 294589.

WEEK 1:

"Walking brings me back to myself." – Laurette Mortimer

	Location	Date & Time	Steps/miles walked (double this if walking with a friend/family member)	Notes, thoughts, observations
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly distance/step total:				

WEEK 2:

"An early morning walk is a blessing for the whole day." Henry David Thoreaux

	Location	Date & Time	Steps/miles walked (double this if walking with a friend/family member)	Notes, thoughts, observations
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly distance/step total:				

WEEK 3:

“Everywhere is walking distance if you have the time.” Steven Wright

	Location	Date & Time	Steps/miles walked (double if walking with a friend/family member)	Notes, thoughts, observations
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly distance/step total:				

WEEK 4:

“Walking is mans best medicine.” Hippocrates

	Location	Date & Time	Steps/miles walked (double if walking with a friend/family member)	Notes, thoughts, observations
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly distance/step total:				

WEEK 5:

“One step at a time is good walking” – Proverb

	Location	Date & Time	Steps/miles walked (double if walking with a friend/family member)	Notes, thoughts, observations
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly distance/step total:				