



# YOUR WALKING DIARY

## WALK 1

Today is:

I walked for this long:

Where I walked:

I did this walking challenge:

Walking Challenge number:

The weather is: ✓



## WALK 2

Today is:

I walked for this long:

Where I walked:

I did this walking challenge:

Walking Challenge number:

The weather is:



Brighton & Hove Healthy Lifestyles Team

01273 294589 / [healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk)

[www.brighton-hove.gov.uk/supporting-wellbeing](http://www.brighton-hove.gov.uk/supporting-wellbeing)



## WALK 3

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:

The weather is: ✓        

## WALK 4

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:

The weather is:        

## WALK 5

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:

The weather is:        

## WALK 6

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:





The weather is: ✓        

## WALK 7

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:



The weather is:        

## WALK 8

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:

The weather is:        

## WALK 9

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:

The weather is: ✓        

## WALK 10

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:


The weather is:        

## WALK 11

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:

The weather is:        

## WALK 12

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:

The weather is: ✓        

## WALK 13

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:

The weather is:        

## WALK 14

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:

The weather is:        

## WALK 15

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:

The weather is: ✓        

## WALK 16

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:


The weather is:        

## WALK 17

Today is:  I walked for this long:

Where I walked:

I did this walking challenge:  Walking Challenge number:

The weather is:        

## WALK 18

Today is:

I walked for this long:

Where I walked:

I did this walking challenge:

Walking Challenge number:

The weather is: ✓



## WALK 19

Today is:

I walked for this long:

Where I walked:

I did this walking challenge:

Walking Challenge number:

The weather is:



## WALK 20

Today is:

I walked for this long:

Where I walked:

I did this walking challenge:

Walking Challenge number:

The weather is:

