



Pupil Competition Challenge Card

Full name: Age:

School:

Each week, there is a challenge for you to try or if you have an idea for your own weekly challenge write it in the 'My challenge' space. Record your challenge activity each week by writing, drawing or adding a photo in the spaces below.

WEEK 1 2 – 8 October	Swap a car journey How often can you use active/sustainable travel instead of using the car for the full journey? My challenge is:	This week I...
WEEK 2 9 – 15 October	Enjoy your active travel week What have you enjoyed on your active journeys this week? My challenge is:	This week I...
WEEK 3 16 – 22 October	Travel a mile or more Can you travel a mile or more using active travel this week? My challenge is:	This week I...
WEEK 4 Half term 23 – 29 October	Half term active fun! Take a walk, wheel, scoot or cycle with family or friends. My challenge is:	This week I...
BONUS DAYS! 30 – 31 October	Spread the word! Tell others how you got moving this Walktober and made a difference for our wellbeing, our community and our planet!	On the bonus days I...

Submit your completed Challenge Card by **Friday 10th November 2023**. Visit myjourneyhampshire.com/walktober and ask your parent or carer to use the pupil competition entry form link or drop off a printed copy to your school's collection point if they have one available.