****

**2020 South Coast Neighbourhood House Challenge Log Sheet**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** |  | **Neighbourhood House:** |  |

Record your daily steps in the table below. **Return this sheet to your Neighbourhood House by Monday 9 November 2020.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday 19 October | Tuesday 20 | Wednesday 21 | Thursday 22 | Friday 23 | Saturday 24 |
| Sunday 25 | Monday 26 | Tuesday 27 | Wednesday 28 | Thursday 29 | Friday 30 |

**Did you know?**

* Regular, moderate activity, such as walking, improves health and fitness, regardless of age.
* Walking helps prevent and manage chronic disease such as stroke, diabetes and heart disease.
* Walking promotes improved mental well-being and opportunities for social interaction.