0 0 0 080509 tally sheet3 A3 8/5/09 11:30 Page 1

WAY
BE SAFE
TO
GET ACTIVE
GO!
GO GREEN

TALLY SHEET

See how long it takes you to get to Athens

Class name .....

Names including staff

✓		Weekdays					Weeks			
✓	*Tick the box if you have signed up to the Healthy Ambitions Suffolk Challenge*	1	2	3	4	5	1	2	3	4
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In pencil

Every day, count up how many miles each person has done, and write the number in the day's box.

Remember for this purpose we are reckoning 20 minutes walking, cycling or running earns you a mile.

In pen

At the end of the first week, work out each child's total for the week and put it in pen in the "Week 1 total" box.

Then rub out the five weekday columns and start filling them in again for week 2.

Totals to mark your progress on the poster

Register for Healthy Ambitions Suffolk Challenge at www.suffolkchallenge.com