

Let's Walk Festival 12<sup>th</sup> – 25<sup>th</sup> October 2020  
Choose your goal. Get walking. Record your walks!

This sheet can be used by those who prefer to record their walking activity using pen and paper!

1. Write down the date, the number of the goal you've chosen to take part in and how much you've walked in time, steps or distance.
2. Please give a reason for your walk towards your goal that day.
3. You can choose more than one goal over the festival fortnight if you would like to.
4. Log in to your Let's Walk festival account at [gmwalkfest.co.uk](http://gmwalkfest.co.uk)
5. Enter the information you have written in the table. Ask someone else to help if you need to.

Date	Goal number (See reverse)	Amount walked (time /steps /distance)	Reason walked (see key below)

**KEY: Reason for your walk** A. To get somewhere (e.g. to the shop, school); B. For fun; C. mental wellbeing; D. physical health; E. Reach my goal

## Goals and description

1	A Mile a Day	Walk a Mile every day during the Let's Walk Festival. That's about 2000 steps and about 20-30 minutes of walking. Less if you walk briskly!
2	3 mile weekend walk - twice	Why not try a longer walk at the weekend? Aim for one 3 mile walk each weekend of the Festival fortnight.
3	Commute to work challenge	Commute to work every day this fortnight. Could you do a 15 minute walk in the morning and evening before and after your working day?
4	Greenspace activity walks	Next time you visit some greenspace, could you have a focus for the activity? Make it a 3000 step walk and make the most of it!
5	Walk Accumulator challenge	Do 500 more steps each day of the challenge or increase your walk by 5 minutes a day. On day 1, aim for a walk of 1000 steps - that's about half a mile or about 10 minutes' walk. Then through the fortnight of the Let's Walk Fest, add 500 steps onto each walk.
6	Move More Sit less	Take time out of your day in 3 x 10 minute chunks. Aim for 5 days a week
7	Photography walks	Could you while away 2 hours walking, stopping to take photos of what's around you. Don't forget to share than with us! @GMWalks #GMWalkFest
8	Walk to school challenge	Walk to school (and back again) on at least 5 days over the fortnight.
9	10,000 steps per day	Get 10,000 steps in for 10 out of 14 days of the Let's Walk Festival fortnight. That's about 5 miles of stepping each day!
10	5,000 steps per day	Get 5,000 steps in for 10 out of 14 days of the Let's Walk Festival fortnight. That's about 2.5 miles of stepping each day!
11	Local interest walks – twice	Try going out for a walk to discover more about where you live. Could you find 3 things to learn or find out when you get home?
12	Walk and No Talk	30 minute walk on your own to get away from it all. Time and space for yourself.
13	Walk and Talk catch up	Why not go on a walking meeting today! Can you and your colleague manage a 30 minute walk? Or phone a friend or family member and chat to them whilst on a walk?
14	Car swap short walk	Most of us have a local shop for those few essentials within 15 minutes' walk of home. Instead of driving to the shop for those few bits for tonight's meal, could you walk there?
15	4000 steps fitness walk – 3 times	Can you do some of your steps at a brisker pace? Could you do it 3 over the Festival Fortnight?
16	Walk more than 10 miles	Walk this distance over the Let's Walk Festival fortnight to achieve this goal.
17	Walk more than 20 miles	Walk this distance over the Let's Walk Festival fortnight to achieve this goal.
18	Walk more than 30 miles	Walk this distance over the Let's Walk Festival fortnight to achieve this goal.
19	Walk more than 50 miles	Walk this distance over the Let's Walk Festival fortnight to achieve this goal.

**KEY: Reason for your walk**    A. To get somewhere (e.g. to the shop, school);  
 B. For fun; C. mental wellbeing; D. physical health; E. Reach my goal