

Walk to School



STRIDE
ACTIVE

active
FAMILIES



Herefordshire
Council



As a family we are aiming to Walk to School times a week

Record which days you have walked to school

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

.../.../...

WEEK 2

.../.../...

WEEK 3

.../.../...





active FAMILIES



YOU'RE DOING GREAT!

Keep recording when you have walked to school in the boxes!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 4

.../.../...

WEEK 5

.../.../...

WEEK 6

.../.../...

