



The 7-day Family Walking Tracker



Walking together is a simple way to connect as a family, with fresh air and silly chats along the way. Keep track of your daily walks and after each walk, tick the box and write or draw one thing you saw, heard or enjoyed.

Monday

Did we walk today? ☐ Yes ☐ No

Draw what you saw!

Where did we go? _____

What did we see? _____

What was the weather like? _____

Tuesday

Did we walk today? ☐ Yes ☐ No

Draw what you saw!

Where did we go? _____

What did we see? _____

What was the weather like? _____

Wednesday

Did we walk today? ☐ Yes ☐ No

Draw what you saw!

Where did we go? _____

What did we see? _____

What was the weather like? _____

Thursday

Did we walk today? ☐ Yes ☐ No

Draw what you saw!

Where did we go? _____

What did we see? _____

What was the weather like? _____



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Friday

Did we walk today? ☐ Yes ☐ No

Draw what you saw!

Where did we go? _____

What did we see? _____

What was the weather like? _____

Saturday

Did we walk today? ☐ Yes ☐ No

Draw what you saw!

Where did we go? _____

What did we see? _____

What was the weather like? _____

Sunday

Did we walk today? ☐ Yes ☐ No

Draw what you saw!

Where did we go? _____

What did we see? _____

What was the weather like? _____

You did it! Every step counts.