

November

Keep track of each day you go for a walk! It could be to school or the shops, taking the dog out or to the woods, it all counts!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
	13	6 7 13 14 20 21 27 28	6 7 8 13 14 15 20 21 22 27 28 29	6 7 8 9 13 14 15 16 20 21 22 23 27 28 29 30	1 2 3 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30	1 2 3 4 6 7 8 9 10 11 13 14 15 16 17 18 20 21 22 23 24 25 27 28 29 30