



The fun team walking event

Individual Record Sheet

Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata

Keep a tally of squares you earn!
30 mins of moderate physical activity = 1 square

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Useful Hints:

- 1** If you need to make up numbers in your team, 2 people can be cyclists or swimmers only (no other forms of activity can be counted).
- 2** All activity is measured in 30 minute blocks. Each team member marks a square for every 30 minutes of activity. Therefore, if you have 8 members in your team and they each complete 30 minutes of exercise every day, then 8 squares will be marked every day.
- 3** Earn **bonus** squares! Anytime a friend or family member joins you, you will receive one extra square.
- 4** Keep track of your teams' distance by using the km's in red on the team record sheet. The distances between each town are shown on the map

He hiringa tangata, he oranga tangata | An active person is a healthy person