FEET BEAT

The fun team walking event

Team 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

START

60km

120km

180km

240km

300km

360km

420km

480km

540km

Target Distance:

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

PLEASE RETURN ALL COMPLETED FORMS BY FRIDAY 13TH NOVEMBER TO:
Stacey Willcox, Private Bag 92605, Symonds St, Auckland

Final Total Distance: