**The Downham Games 31 day Community fitness challenge**

**Record of activity**

Name……………………………………………………….. Town………………………………………………………………..

Age………………………………………………………….. School………………………………………………………………..

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Activity** | **Length of time** | **Distance (optional)** | **Verified** |
| May 10th |  |  |  |  |
| 11th |  |  |  |  |
| 12th |  |  |  |  |
| 13th |  |  |  |  |
| 14th |  |  |  |  |
| 15th |  |  |  |  |
| 16th |  |  |  |  |
| 17th |  |  |  |  |
| 18th |  |  |  |  |
| 19th |  |  |  |  |
| 20th |  |  |  |  |
| 21st |  |  |  |  |
| 22nd |  |  |  |  |
| 23rd |  |  |  |  |
| 24th |  |  |  |  |
| 25th |  |  |  |  |
| 26th |  |  |  |  |
| 27th |  |  |  |  |
| 28th |  |  |  |  |
| 29th |  |  |  |  |
| 30th |  |  |  |  |
| 31st |  |  |  |  |
| June 1st |  |  |  |  |
| 2nd |  |  |  |  |
| 3rd |  |  |  |  |
| 4th |  |  |  |  |
| 5th |  |  |  |  |
| 6th |  |  |  |  |
| 7th |  |  |  |  |
| 8th |  |  |  |  |
| 9th |  |  |  |  |
| 10th |  |  |  |  |
| Total |  |  |  |  |

**HELP US TO GET THE COMMUNITY MOVING**

**BRING YOUR COMPLETED RECORD TO THE DOWNHAM GAMES ON THE 10TH JUNE AND ENTER A FREE PRIZE DRAW TO WIN A PRIZE. PRIZES FOR U16 AND 17 YEARS AND OVER.**