






























# #LockdownHowFar Activity Tracker

Don't forget to share your achievements @hrsspe #HRSSPEcanrun #StayActive Sussex

Name \_\_\_\_\_ School \_\_\_\_\_

DAY	DATE	DISTANCE	HOW DO I FEEL		
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					

DAY	DATE	DISTANCE	HOW DO I FEEL
14			  
15			  
16			  
17			  
18			  
19			  
20			  
21			  
22			  
23			  
24			  
25			  
26			  
27			  
28			