

WALK TO
SCHOOL



ACTIVITY LOG BOOK

GET INVOLVED AND GET MOOVING!

WHAT'S IT ALL ABOUT?

Walking is a great way to get moving and get active! It boosts your energy, it's convenient and above all it's fun to do!

WHAT ARE THE BENEFITS?

Being physically active every day is fun and can:

- Help achieve and maintain a healthy weight
- Build strong bones and muscles
- Improve balance, movement and coordination skills
- Encourage self-confidence and independence

HOW TO WALK SAFELY:

- Make sure when you walk you are accompanied by a parent or guardian
- Ensure that your footwear and clothing are suitable – always wear a hat and sunscreen
- Be prepared – check the weather forecast prior to leaving the house
- Bring a bottle of water
- Always stay on the walking path or footpath

LET'S GET STARTED!

- You will need to have a pedometer to track your steps!
- Set your pedometer to 0 each morning (refer to your pedometer's packaging for more information)
- Attach the pedometer to your waistband in position with your foot, make sure it is secure
- Start walking!
- At the end of each day, record the number of steps you took in your log book

Aim to move up to a higher level of physical activity each week!

	Average steps per day	State of physical activity
Level 5	10,000 +	Very active, keep it up!
Level 4	8,000 – 10,000	Active
Level 3	6,000 – 8,000	Somewhat active, nearly there!
Level 2	4,000 – 6,000	Inactive
Level 1	4,000 or less	Very inactive, time to get moving!

Once you have completed 8 weeks cut out your log sheets and send them to:

Greater Shepparton City Council
Active Living Department
Locked Bag 1000, Shepparton 3632

For more information contact the Healthy Communities Team
on (03) 5832 9431 or email healthycommunities@shepparton.vic.gov.au

**Go in the
draw to win
a great prize
pack!**

SAMPLE LOG SHEET

WEEK 8

WEEK 6

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Total

Average
(total)

Activity

16

NUMBER OF STEPS

Monday	6124
Tuesday	7225
Wednesday	8925
Thursday	6925
Friday	7230
Saturday	6682
Sunday	8005

Total weekly steps

8005

Average steps this week
(total number of steps divided by days logged)

$51,175 \div 7 = 7310$

Activity level this week

LEVEL 3



GET SPORTY!

Find a new activity or sport to love. Try tennis, badminton, soccer, volleyball, croquet or take a bike ride around your neighbourhood.

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WEEK 1



NUMBER OF STEPS	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Total weekly steps	
Average steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	

ENJOY LUNCHTIME

Lunchtime is a great chance to get outside and enjoy time away from your desk. Plus, what we eat at lunch can fuel our minds and bodies for a productive afternoon. Make sure your lunch is not only delicious, but nutritious and satisfying too.



WEEK 2



NUMBER OF STEPS	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Total weekly steps	
Average steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	

MAKE WALKING FUN BY PLAYING 'NOTICE THE NEIGHBORHOOD'

Get a family member to print a list of 10 random items you have to find on your walks together, for instance find one fruit tree, a house with a bird bath, a particular car in a drive way, and many more items.



WEEK 3



NUMBER OF STEPS	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Total weekly steps	
Average steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	



PLAY!

Incorporate a little more fun into your life by flying a kite, playing frisbee, Hula-hoop it up, playing hopscotch, playing catch or jump rope.



GET MOOVING ON THE WEEKEND

Greater Shepparton has a great shared path network – chose a path, get the family together and let's get walking.





EVENTS HELD THROUGHOUT GREATER SHEPPARTON



activities in the park

FREE AND
LOW COST
ACTIVITIES

DOWNLOAD
OUR **FREE APP**
TO STAY UP TO
DATE ON ALL
ACTIVITIES!



WWW.GETMOOVINGSHEPPARTON.COM.AU

#GETMOVING #ACTIVITIESINTHEPARK

PROUDLY PRESENTED BY



WEEK 4



NUMBER OF STEPS	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Total weekly steps	
Average steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	



TRY HEALTHY ALTERNATIVES

For healthy snack alternatives why not swap your afternoon chocolate bar for peanut butter and celery or swap your potato crisps for dried fruit.



WEEK 5



	NUMBER OF STEPS
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Total weekly steps	
Average steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	



EAT FRUIT AND VEGETABLES

Eating 2 serves of fruit and 5 serves of vegetables every day rewards you with lots of vitamins, minerals, fibre and energy.





Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts



WEEK 6



NUMBER OF STEPS	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Total weekly steps	
Average steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	



GET SPORTY!

Find a new activity or sport to love. Try tennis, badminton, soccer, volleyball, croquet or take a bike ride around your neighbourhood.



WEEK 7



NUMBER OF STEPS	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Total weekly steps	
Average steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	



MOVE MORE!

Play 'add-on'. Take turns doing one simple movement, such as bending your elbow. As you do a new movement, repeat the movements that have already been done.



WEEK 8



NUMBER OF STEPS	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Total weekly steps	
Average steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	



PLANT A FAMILY GARDEN

Select and plant seeds, water them, watch them grow and eat them on your plate. Start your garden off with these easy to grow vegetables, zucchini, tomatoes, cucumber or spring onions.



30 WAYS TO GET MOOVING AND GET HEALTHY

1. Walk or ride to school
2. Go for a family walk with your dog
3. Swap your chocolate snack for an energy boosting banana
4. Turn off the TV and explore outside
5. Trade fruit juice for a piece of fruit
6. Take part in a Guided Historical Walking Tour - go out and explore Greater Shepparton together
7. On a windy day, find an open area and fly a kite
8. Play catch in a local park or even in your own backyard
9. Get some chalk and play hopscotch
10. Plan a family hike and climb Mt Major in Dookie
11. Play hide and seek, inside or outside
12. Try to eat 5 serves of vegetables and 2 serves of fruit a day
13. Hide your remote. If you must watch TV, at least stand up to change the channel
14. Visit your local playground
15. Get the family together and walk around Victoria Park Lake
16. Sing, march and dance along to your favourite TV shows
17. Help out and do some chores around the house
18. Put your coat and gumboots on and go puddle-jumping
19. Get a group of friends together and play backyard cricket
20. Throw a frisbee
21. Swim and splash about at the local pool
22. Jump on a trampoline
23. Dance to your favourite music
24. Jump on your bike and see how many laps around the block you can do
25. Get the skipping rope out, jump by yourself or get others involved
26. Visit KidsTown and explore the playground
27. Grab a tennis ball and play down ball
28. Swap soft drink for water
29. Rollerskate, rollerblade or skateboard
30. Add fruit to your breakfast cereal

GET MOOVING TO SCHOOL

Draw your own active travel map from your home to your school.

A large grid of 20 columns and 20 rows, intended for drawing a map from home to school.

