

Active April: Challenge Calendar!

Tick or colour in your daily challenges!

Week 1: Walk 10,000 steps

Psst... Friday 5th April is 'Walk to Work' Day!

Whatever the weather... Get your walking shoes on!

Monday 1 st April	Tuesday 2 nd April	Wednesday 3 rd April	Thursday 4 th April	Friday 5 th April	Saturday 6 th April	Sunday 7 th April
How many steps have you taken? (1 shoe = 1,000 steps. Tick or colour them to keep track!)						

Week 2: Drink more water

8-10 glasses (250ml) of water is the recommended amount for how much you aim to drink per day!

Monday 8 th April	Tuesday 9 th April	Wednesday 10 th April	Thursday 11 th April	Friday 12 th April	Saturday 13 th April	Sunday 14 th April
How much water have you drunk? (1 drop = 1 glass of water. Tick or colour them to keep track!)						

Week 3: Eat 5 portions of fruit & vegetables

An adult portion of fruit/vegetables is 80g. Aim to eat all the colours of the rainbow.

Monday 15 th April	Tuesday 16 th April	Wednesday 17 th April	Thursday 18 th April	Friday 19 th April	Saturday 20 th April	Sunday 21 st April
How many portions of fruit and/or vegetables did you eat? (1 apple = 1 portion. Tick or colour them to keep track!)						

Week 4: Try something new

Push yourself out of your comfort zone by trying a new activity... Or keep it simple & try a new food or explore a new walking route.

Monday 22 nd April	Tuesday 23 rd April	Wednesday 24 th April	Thursday 25 th April	Friday 26 th April	Saturday 27 th April	Sunday 28 th April
What new thing did you try today or do today? (1 star = 1 'new thing'. Write the 'new thing' tried, and tick or colour them to keep track!)						

Monday 29th April - Reflection day.

Tuesday 30th April - Reflection day.

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What did you find the most difficult to stay consistent with? (And why?):

What did you enjoy the most during Active April? Add it into your daily routine from now on!



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