



Isle Be Active

14 day walking and cycling challenge

Enjoy a 14 day challenge to be entered in to a prize draw!

Print me out and fill in which activity you do and how long it takes. We'd love to hear what you saw or found while on your exercise - did you see butterfly? perhaps you found a boat? If you can't print me, don't worry, why don't you create your own!

take on the challenge!

Exercise is part of your daily allowance, but remember, stay 2 metres apart.

For further information on social distancing while on your daily exercise, please visit www.iwight.com/coronavirus

Once you've completed your chart - send us a picture showing how well you did to be entered into the prize draw. Email your chart to; sports.unit@iow.gov.uk

Visit www.iwight.com/sportsunit to find the details on when the prize draw will take place.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	

Add up your time spent doing activities!



If you don't have a bike, you can always use a scooter or roller boots instead!

Your total achievement

