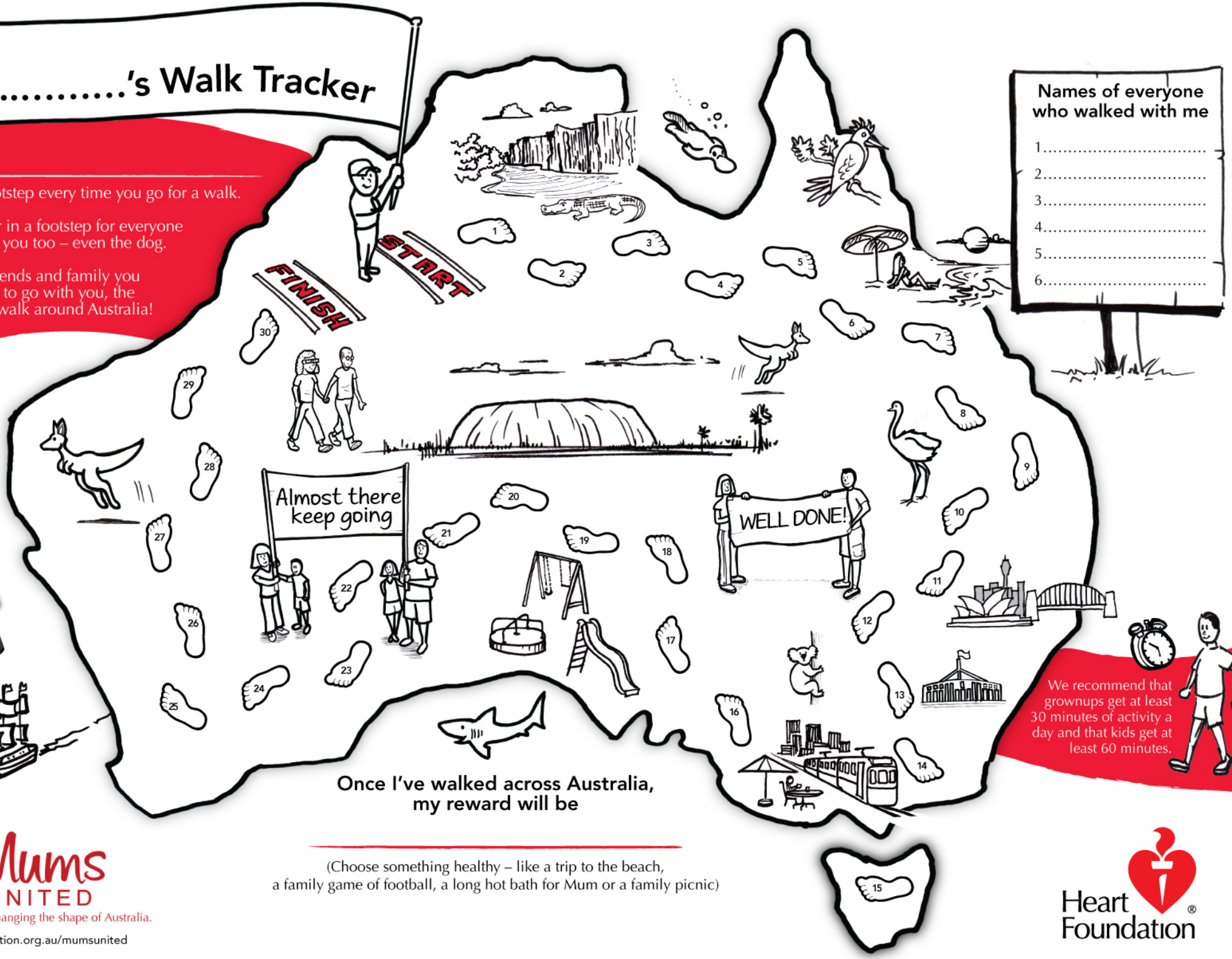
.....'s Walk Tracker

What to do

Colour in a footstep every time you go for a walk.

You can colour in a footstep for everyone who goes with you too – even the dog.

So the more friends and family you can encourage to go with you, the quicker you'll walk around Australia!



Names of everyone who walked with me

1.....

2.....

3.....

4.....

5.....

6.....

We recommend that grownups get at least 30 minutes of activity a day and that kids get at least 60 minutes.

Once I've walked across Australia, my reward will be

(Choose something healthy – like a trip to the beach, a family game of football, a long hot bath for Mum or a family picnic)

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