

# MOVE MORE

# Miles

26TH JULY - 3RD SEPTEMBER

COMMUNITY

& SCHOOL






CHALLENGE



## CALLING ALL MEMBERS OF THE COMMUNITY!

THIS SUMMER - Let's get physical to help our mental health and wellbeing! How many miles can you clock up together this summer for your chosen school?

## HOW TO TAKE PART?

-  Run, walk or cycle your miles between 26th July and 3rd September.
-  Record the distance you walk as a family on the Move More Miles Chart.
-  Take weekly photos of your travels and share on social media channels using the #movemoremiles and tagging your school.
-  Take your chart into school with you OR if you are a member of the community, please photograph & email your grand total chart to [HeadsUpChelt@cheltenham.gov.uk](mailto:HeadsUpChelt@cheltenham.gov.uk).
-  Miles from each school will be added up and a winner announced!



WHO WILL BE CROWNED THE WINNING SCHOOL & FAMILY?



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CHALLENGE

# Miles

Each day fill in how many miles you have walked, run or cycled as a family. For example if a family of 4 did a 1 mile walk that would be 4 miles!

Whilst you are out being active, please take in your surroundings and take photos of nature - this could be a landscape, an animal or a plant - we would love to see them! Please tag us using our social media channels **RIGHT HERE!**

**YOUR FULL NAME:**

**NO. OF PARTICIPANTS IN YOUR GROUP:**

**YOUR/NOMINATED SCHOOL:**

**WEEK 1**  
w/c 26th July

**WEEK 2**  
w/c 2nd Aug

**WEEK 3**  
w/c 9th Aug

**WEEK 4**  
w/c 16th Aug

**WEEK 5**  
w/c 23rd Aug

**WEEK 6**  
w/c 30th Aug

26

2

9

16

23

30

27

3

10

17

24

31

28

4

11

18

25

1

29

5

12

19

26

2

30

6

13

20

27

3

31

7

14

21

28

total:  
01

total:  
8

total:  
15

total:  
22

total:  
29



@HeadsUpChelt

@MoveMoreCIO

#MoveMoreMiles

## CHALLENGE TOTAL:

Now all that's left to do is add up your total miles, fill in the boxes below and return this form to your school admin / PE co-ordinator. If you are a member of the community you can photograph it & email it to us using the address below. Closing date for entries 13th September.

**WELL DONE!**

**HeadsUpChelt@cheltenham.gov.uk**

**WHAT BEST DESCRIBES YOU...**

**SCHOOL FAMILY:**

**MEMBER OF THE COMMUNITY:**