



## Step into Spring - Log of Activity

**Thank you for taking part in our “Step into Spring” fundraiser and committing to some regular activity for at least 20 days throughout April.**

**1st Step.** Choose your activity but base it around some thing you do already but perhaps could do a little more regularly. You may have been introduced to chair based exercises but have let them lapse? Or you may enjoy a walk or a bike ride. Whatever your activity please exercise at an intensity and in a manner appropriate to your current activity level and health.

**2nd Step.** Find some sponsors and fill in your sponsorship forms. Don't stress if you are worried about getting lots of sponsorship. Every little helps. Get family and friends to join in and perhaps, social distancing allowing, you can do things together. If you would like to go for a walk but have lost a little confidence give us a call and we will find you a walking buddy.

**3rd Step.** Get ready to start on 1<sup>st</sup> April and don't forget to fill in the log below. We would love to know what you are doing and perhaps have some pictures and we will keep in contact to offer support and encouragement.

Any questions or if any help is required please contact Deborah on 07586 312809

Name or names if doing as a couple			
Is committing to			
	Date	Activity	Initial
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