


















































# Weekly Diary

Date:	How many Kilometres did you complete today?	Who did you go with?	What was the weather like while you were out?	How did you feel after your journey? (circle how you felt)
			   	  
			   	  
			   	  
			   	  
			   	  
			   	  
			   	  
Can you add up your distance for the week?				



# Lockdown Lookout

Write or draw your answers in the circles below

