|  |  |
| --- | --- |
| Participant Name: |  |
| Age:  |  |
| Contact name: (If different to participant)  |  |
| Contact number:  |  |
| Email address:  |  |
| City/Town: |  |

**Virtual Valley 30-Minute Challenge**

**Instructions:**

The aim of this challenge is to complete 30 minutes of physical activity per day.

You can choose any activity you like or follow our daily examples on the Valley sport website <https://valleysport.net.au/>

Every time you complete your 30 minutes, note it down on the next page.

At the end of the 14 days you can share your log with us by emailing a picture or copy of your log to us at info@valleysport.net.au

Or drop or send the hard copy log to us at the Shepparton Sport Stadium 120 Numurkah Road Shepparton VIC 3630.

|  |  |
| --- | --- |
| Day  | Activity:Write down or draw a picture of the activity/s you did. |
| *Example*  | *30-minute walk around the park with the dog.*  |
| Day 1  |  | Day 8  |  |
| Day 2 |  | Day 9  |  |
| Day 3  |  | Day 10  |  |
| Day 4 |  | Day 11 |  |
| Day 5 |  | Day 12 |  |
| Day 6  |  | Day 13 |  |
| Day 7  |  | Day 14  |  |