

Free
Walk Log!

What does walking
mean to you?

COTMANHAY



COTMANHAY CONVERSATIONS



Do you walk
for fun?

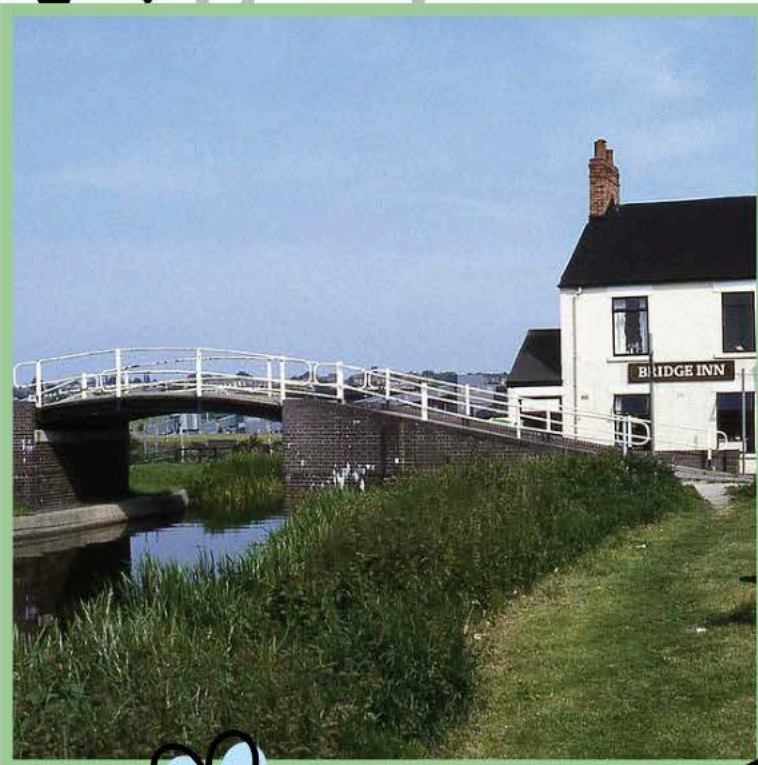
WALK
Derbyshire



YOUTH • SKILLS • LEADERSHIP

Parkside High are working with Walk Derbyshire and other local partners to find out what walking means to you, in and around Cotmanhay.

Use the back page to make handy notes along your walks.



Please have a go at completing the walk log on the next page to help us get a better understanding of local walking habits. Once completed, please return to Parkside High CIC.

Full contact details are on the back page.

Would you like to walk more?

What might stop you from walking more?

Do you walk for fun?

Do you walk to work or school/college?

| Date: | Activity: | Time: |
|--|--------------------------------|---------|
| 14/07/23 | walked the dog round the park. | 40 Mins |
| | | |
| | | |
| | | |
| | | |
| | | |
| Total amount of time walked in December: | | |

| Date: | Activity: | Time: |
|---|-----------|-------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Total amount of time walked in January: | | |

| Date: | Activity: | Time: |
|--|-----------|-------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Total amount of time walked in February: | | |

Please check out our survey

For a chance to win £25 in high street vouchers

Scan the QR code or visit this link to complete:

<https://forms.office.com/r/4VRujq5mHD>



