



Active for Life Personal Challenge Score Card

This score card belongs to: _____

#stayactivebrightonandhove #stayhomestayactive #stayinworkout #stayactivesussex

Use this chart to record your personal challenges attempts.

Try to do the challenge at least 4 times over the week and then record your score after each attempt. What's your personal best?

At the end of each week download your certificate.

And don't forget post on the Healthy Lifestyles Team Facebook or Twitter @BHhealthylife your pictures and videos of you getting involved in the challenge!

Good luck and remember this is all about having fun and trying to get Active 60 minutes into our everyday lives!

Challenge Number	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Personal Best!
1					
2					
3					
4					
5					
6					



Challenge Number	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Personal Best!
7					
8					
9					
10					
11					
12					

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