



Challenge Record

In April I am challenging the WheelieMum family to complete 30 somethings. This can be miles, sets of an exercise, or any other activity to improve your physical activity within your ability.

Join the 'WheelieMum Challenges' Facebook group www.facebook.com/groups/wheeliemum and get started.

Notes:

- I am not a health or fitness professional so please consult with your doctor before changing your physical activity. It is your responsibility to ensure you exercise safely
- Everyone is welcome! You do not have to be disabled and powerchair users are welcome
- A medal will be available for £10 for every successful completer
- Every finisher receives a free certificate to print at home will be
- Take sensible personal safety precautions
- Share your photos, videos and stories with the group
- You do not have to exercise every day, feel free to take rest days so long as you get your 30 things in during the month. If you are working hard, rest days are important for your muscles to recover.
- Ways to submit your record
- Add me on strava and send me a screenshot of April www.strava.com/athletes/67323553
- Send a screenshot of a different record app
- Complete this form (available to fill in on google docs or download and print)
- Email the form (a photo is a fine) to Carol@WheelieMum.org.uk
- Email a photo of your own notes to Carol@WheelieMum.org

Name	Start Date
Medal: Have you sent £10 I to paypal.me/WheelieMum	Address for Medal
My Challenge	

Email completed form (a photo is fine or your own record) Carol@WheelieMum.org.uk



Date	Distance, Reps, or Time	Comment
01/04/21		
02/04/21		
03/04/21		
04/04/21		
05/04/21		
06/04/21		
07/04/21		
08/04/21		
09/04/21		
10/04/21		
11/04/21		
12/04/21		
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14/04/21		
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24/04/21		
25/04/21		
26/04/21		
26/04/21		
27/04/21		
28/04/21		
29/04/21		
30/04/21		
Total:		