



GO ACTIVE 2 WORK 2018-19 CALENDAR/LOG SHEET

CENTRAL COAST GO ACTIVE TO WORK DAY

THIRD WEDNESDAY EVERY MONTH!



Month	Day (Third Wednesday every month . . . &/or whenever you can)	Done ✓	Mode (i.e. bicycle, walk, public transport . . . or a combo of any of the above)	Comments / Notes (e.g. rained, needed car, cycled/ walked a different day)
July	Central Coast GA2W Day – Wed 18			
August	Central Coast GA2W Day – Wed 15			
September	Central Coast GA2W Day – Wed 19 NSW Bike Week – Sat 22–Sun 30			
October	National Walk to Work Day – Fri 5 National Ride2Work Day – Wed 17 Central Coast GA2W Day – Wed 17			
November	Central Coast GA2W Day – Wed 21			
December	Central Coast GA2W Day – Wed 19			
January	Central Coast GA2W Day – Wed 16			
February	Central Coast GA2W Day – Wed 20			
March	Central Coast GA2W Day – Wed 20			
April	Central Coast GA2W Day – Wed 17			
May	Central Coast GA2W Day – Wed 15			
June	Central Coast GA2W Day – Wed 19			

Keep track of how often you 'Go Active 2 Work' by filling in this log. No matter how often you 'Go Active', if you want to go in the draw to win a GA2W prize, please email a copy to GA2W@healthpromotion.com.au or fax to Central Coast Health Promotion Service on 4320 9725 by Wed 3 July 2019. Please include the following details.

Name: _____

Email: _____

Phone: _____