



Health  
Central Coast  
Local Health District

CENTRAL COAST

GO ACTIVE TO WORK DAY

GO ACTIVE 2 WORK

THIRD WEDNESDAY EVERY MONTH!

2017-18 CALENDAR/LOG SHEET



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 19			
August	Central Coast GA2W Day – Wed 16			
September	<b>NSW Bike Week – Sat 16–Sun 24</b> Central Coast GA2W Day – Wed 20			
October	<b>National Walk to Work Day – Fri 6</b> <b>National Ride2Work Day – Wed 18</b> Central Coast GA2W Day – Wed 18			
November	Central Coast GA2W Day – Wed 15			
December	Central Coast GA2W Day – Wed 20			
January	Central Coast GA2W Day – Wed 17			
February	Central Coast GA2W Day – Wed 21			
March	Central Coast GA2W Day – Wed 21			
April	Central Coast GA2W Day – Wed 18			
May	Central Coast GA2W Day – Wed 16			
June	Central Coast GA2W Day – Wed 20			

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](mailto:GA2W@healthpromotion.com.au) or fax to Central Coast Health Promotion Service on 4320 9725 by Wed 4 July 2018. Please include the following details.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_