



# go active 2 WORK



CENTRAL COAST GO ACTIVE TO WORK DAY THIRD WEDNESDAY EVERY MONTH!

## 2022-23 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 20			
August	Central Coast GA2W Day – Wed 17			
September	<b>National Walk to Work Day – Fri 2</b> Central Coast GA2W Day – Wed 21			
October	<b>National Ride2Work Day – Wed 19</b> Central Coast GA2W Day – Wed 19			
November	Central Coast GA2W Day – Wed 16			
December	Central Coast GA2W Day – Wed 21			
January	Central Coast GA2W Day – Wed 18			
February	Central Coast GA2W Day – Wed 15			
March	Central Coast GA2W Day – Wed 15			
April	Central Coast GA2W Day – Wed 19			
May	Central Coast GA2W Day – Wed 17			
June	<b>World Bicycle Day – Sat 3</b> Central Coast GA2W Day – Wed 21			

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 prize, please email a copy to [CCLHD-GA2W@health.nsw.gov.au](mailto:CCLHD-GA2W@health.nsw.gov.au) or fax to Central Coast Health Promotion Service on 4320 9725 by **Wed 5 July 2023**. Please include the following details.

Name \_\_\_\_\_

Email \_\_\_\_\_

Ph \_\_\_\_\_