


# 21 days

It takes 21 days to form a habit. It doesn't need to be 21 consecutive days, but attempt to do your activity as regularly as possible. Use this form to track your progress, noting the date and how you felt, or even the distance and time taken for your activity each time.

We'd love to see your progress, so keep us in the loop using #GetOutside and tag us in on social media.

Name:

Activity type:

1	2	3 Keep going!	4	5	6
7	8	9	10	11 You're halfway!	12
13 Don't give up!	14	15	16	17	18
19	20	21 Final day!		You've done it, now keep it up! 	

Download the OS Maps app for your digital guide for places to go, routes to follow and inspiration to explore.

