You have	achieved	your	 	
		•		

Personal Best in_____



CONGRATULATIONS!

To ensure you receive your certificate and can progress to the next level, please return your Wthenshawe Games Personal Best Passport to one of the following centres by Sunday 26th July.



Woodhouse Park Lifestyle Centre, Portway, Wythenshawe M22 1QW

Tel: 0161 436 0560



Benchill Road, Wythenshawe, Manchester M22 8EJ

Tel: 0161 945 0879







Set your own
Personal Goals
and try to beat your
Personal Best

Name
Address
Email
Phone
Age
Level of Award you are aiming to achieve:
Bronze Silver Gold Platinum 3 sessions attended 6 sessions attended 10 sessions attended 11+ sessions attended
Activities you have chosen:
ZWO TWO
ww.wythenshawegames.org.ul
My personal goal is to:

Week	1	2	3	4	5	6	7	8	9	10
50+ Exercise										
Basketball										
Callanetics										
Chair Based Exercise										
Dance Fitness										
Dodgeball										
Health Trainers										
Legs, Bums & Tums										
Morris Dancing										
Multi Sports										
Netball										
Running										
Short Mat Bowls										
Social Tea Dance										
Walking Football										
Wheelchair Dancing										
Women's Football										
Yoga										
Zumba										