



# Challenge Hub

STAY ACTIVE • LEARN • CONTRIBUTE



# The Triple Challenge

Name:

# Useful Resources

1. The Rules of The Triple Challenge
2. Learning
3. Be Active
4. Social Contribution
5. Contact Us for:
  - a. Completion of the Triple Challenge
  - b. Submission of The Triple Challenge

All available in the members area

# Learning:

Date of learning activity:

Description (education provider / location / length of activity / subject matter):

Any notes / comments / thoughts:

Evidence required by The Challenge Hub (see Rules):

Date of learning activity:

Description (education provider / location / length of activity / subject matter):

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# Being Active:

Date of physical activity:

Description (by reference to the requirements of the All In One):

Any notes / comments / thoughts:

Evidence required by The Challenge Hub (see Rules):

Date of physical activity:

Description (by reference to the requirements of the All In One):

Any notes / comments / thoughts:

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Date of physical activity:

Description (by reference to the requirements of the All In One):

Any notes / comments / thoughts:

Evidence required by The Challenge Hub (see Rules):

# Social Contribution:

Date of physical activity:

Description (by reference to the requirements of the All In One):

Any notes / comments / thoughts:

Evidence required by The Challenge Hub (see Rules):

Date of social contribution:

Description (name of charity or CIC organisation / nature of contribution made / number of hours):

Any notes / comments / thoughts:

Evidence required by The Challenge Hub (see Rules):

Date of physical activity:

Description (by reference to the requirements of the All In One):

Any notes / comments / thoughts:

Evidence required by The Challenge Hub (see Rules):

Date of social contribution:

Description (name of charity or CIC organisation / nature of contribution made / number of hours):

Any notes / comments / thoughts:

Evidence required by The Challenge Hub (see Rules):

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Any notes / comments / thoughts:

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You can download  
additional  
pages [here](#).



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**Good Luck!**

