

10,000 steps a day in October!



This challenge is all about the steps, whatever way works for you.

Use the tracker below to record your daily steps and celebrate your progress.

Here we go!							
1	2	3	4	5	6	7	
One week in! Share your first progress medal							
	8	9	10	11	12	13	
		Halfway there! You've got a new progress medal					
14	15		16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	Final push!	Total steps:		
				Finish	31		

Weekly fundraising total

Week 1
£
Week 2
£
Week 3
£
Week 4
£
Week 5
£
Total fundraising
£

Congratulations!

Click [here](#) to download your digital milestone medals.



Raise £150 for your medal!