

Our week in steps

A daily walk. A reason to check in. Up to four people, wherever you live.

WEEK BEGINNING (MONDAY) _____

Write names above the columns. Leave a missing day blank.

Day				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

A favourite walk or something we noticed

One thing to look forward to next week

Celebrate taking part. Step totals are not a measure of effort or health.