

# North Wales Coast and Dee Estuary Individual Challenge

## What to do ...

Use this sheet to record your daily steps. Keep track of your progress by checking the map, colour in the path as you pass each destination.



Walking any number of steps a day will improve your health but if you can walk 10,000 steps you will make a real difference! 10,000 steps is about 5 miles, see if you can build up to this over your programme and if you are already doing this then aim even higher!

## Top tips to increase your steps!

- 1) Walk up and down when on the phone or texting.
- 2) Brush and pace! Pack in as many steps as possible in the time it takes to brush your teeth.
- 3) When watching TV take 100 steps every time an advert break comes on.



## Record Sheet

Weeks	1*	2	3	4	5	6	7	8	9	10	11	12
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
<b>Total</b>												

\*this is your baseline week.

 Don't forget you can scan or take a photograph of this page and upload as evidence to eDofE