

Pedometer Step Challenge

Using your pedometers challenge yourself to be more active. See how many steps you can take over the next 5 days, Remember it doesn't just have to be walking, you can skip, run, jump, play sports, it all counts.

How many steps are these activities?

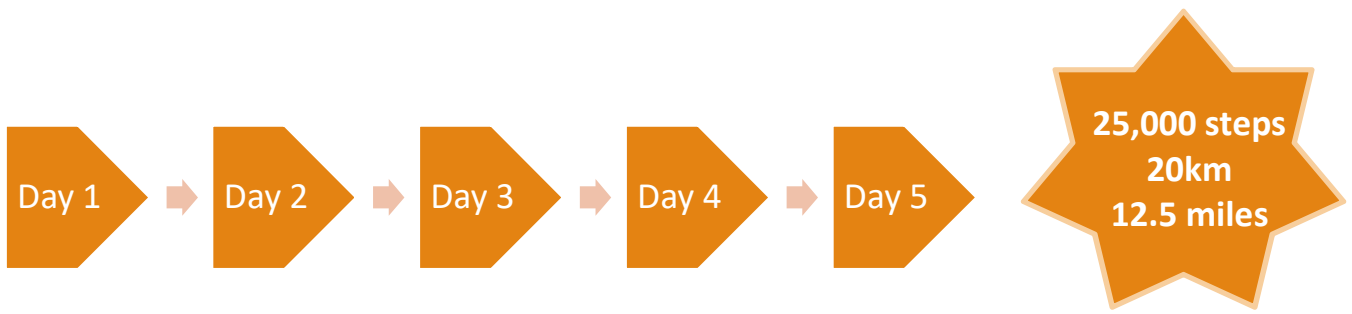
- Run on the spot for 2 mins
- Play a game of hopscotch
- Skip around your house or garden
- Dance around to your favourite song
- Play hide and seek

Add your own ideas here

- _____
- _____
- _____

2000 steps is about 1 mile or 1.6km, they soon add up!
Look on the next page and choose a challenge to complete.

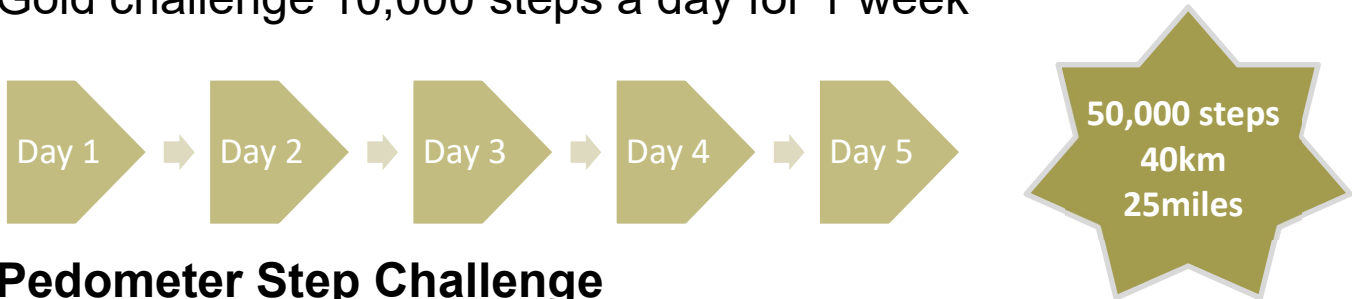
Bronze challenge 5000 steps a day for 5 days



Silver challenge 8000 steps a day for 5 days



Gold challenge 10,000 steps a day for 1 week



Pedometer Step Challenge

Colour in a circle every time you get 1000 steps

