

## RHL'S GREAT STEP CHALLENGE RESULTS TRACKER!

### EXPLANATION

Choose your target number of steps – you may like to record the number of steps you take for a few days before the challenge to find out how many steps you take on an average day. You could then add on extra steps as your target for the challenge. The government's recommended daily target is 10,000, however you may find that this is too many or not enough. The important thing is to set a challenge which is right for you and which will help you to increase your activity. Why not get a group of friends together and arrange a daily walk – this can help you to easily increase your steps in a fun way! Decide how you want to count your steps. You may already have a device that counts steps, alternatively you can easily download a free app onto a smart phone (please see our 'Step Counter Set-Up' document for easy apps and download instructions).

At the end of each day, write in the table below how many steps you've done that day. At the end of the week total up all the steps you took. Hand your form in to RHL or email us to let us know how many steps you took!

**Don't forget to get sponsored - however the most important part is the taking part!**

My target number of steps per day for this week is .....						
MON	TUES	WED	THURS	FRI	SAT	SUN

**TOTAL STEPS ACHIEVED DURING WEEK (add all steps together) .....**



DISCLAIMER As a participant, you should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge RHL from any and all claims or causes of action, known or unknown, arising out of RHL negligence. RHL recommends you consult your physician before beginning any exercise program.