

HEART UK's 10,000 Step Challenge Tracker

National Cholesterol Month



Start any day in October 2024. Improve your heart health and raise vital funds for people at risk of preventable heart attacks & strokes due to high cholesterol



Name.....

1 steps	2 steps	3 steps	4 steps	5 steps
6 steps	7 steps	8 steps	9 steps	10 steps
11 steps	12 steps	13 steps	14 steps	15 steps
16 steps	17 steps	18 steps	19 steps	20 steps
21 steps	22 steps	23 steps	24 steps	25 steps
26 steps	27 steps	28 steps	29 steps	30 steps
31 steps				

www.heartuk.org.uk/steps

