

YOUR 10,000 STEPS A DAY CHALLENGE

MAKE YOUR STEPS COUNT TOWARDS EDUCATING CHILDREN IN KOLKATA

Your challenge is to walk (or run) 10,000 steps a day for 30 days.
10,000 steps = 10,000 miles from the UK to Kolkata return.
Every £1 you raise will help to educate a vulnerable child in HOPE's care.

TRACK YOUR STEPS DAILY! #FOOTSTEPSFORHOPE

Once completed, please scan and return to: juliette@thehopefoundation.org.uk

Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10

Day 20 Day 19 Day 18 Day 17 Day 16 Day 15 Day 14 Day 13 Day 12 Day 11

Day 21 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29

Invite your friends to join the challenge and/or donate to HOPE

...It is okay to do more steps on some days and less on others

Keep going! you are doing brilliantly!

Congratulations!
You are half-way

...If you need support with your fundraising, please email HOPE UK

Well done for completing the challenge!



Registered Charity
No: SC038809

If you have any questions, please contact:
juliette@thehopefoundation.org.uk
or for more information visit:
www.thehopefoundation.org.uk/footsteps/



Share your progress on social media!



MY NAME:

TOTAL STEPS:

TOTAL RAISED: