

# The Marchathon

## Step Challenge

# My Target & Progress Sheet

My target is to take a minimum of \_\_\_\_\_ steps each day during The Marchathon Step Challenge.

When choosing your daily step target, we recommend setting a target that is achievable long term based on your current activity levels.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week 1								
Week 2								
Week 3								
Week 4								

Fill in your step count each day to help keep you motivated and to monitor your progress during Marchathon.

At the end of Marchathon, I have walked a total of \_\_\_\_\_ steps.

For walking tips and resources, visit [smartertravelworkplaces.ie](http://smartertravelworkplaces.ie)

