


Progress Tracker

25 March - 1 April 2023



Changing lives one step at a time. Each day when you complete your 10,000 steps, log them into this visual tracker and watch your progress as you step closer to your goal.



Day 1

Steps/10,000

Day 2

Steps/10,000

Day 3

Steps/10,000

You've reached 30,000 steps at this point!

Day 4

Steps/10,000

Woohoo! You're half way to 8 days!

Day 5

Steps/10,000

Stay motivated!

Day 6

Steps/10,000

Day 7

Steps/10,000

Finish strong, you're nearly there!

Day 8

Steps/10,000

Take a break for five!

Yay! Congratulations. You've completed 80,000 steps.

Total Steps

Do you still have energy to burn? You can 'Double your Challenge' for another 8 days, by selecting the '16 Day Challenge' on your dashboard! Turn over to continue using your progress tracker →