

Progress Tracker

2 April - 9 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 9







Day 10

Steps/10,000

Steps/10,000

Day 12

Steps/10,000

Woohoo! You're doing amazing!

Day 11

Steps/10,000

You've reached 110,000 steps at this point!

Day 13

Steps/10,000

Stay motivated only 40,000 steps to go!

Day 14

Steps/10,000

Day 15

Steps/10,000

Finish Strong, you're nearly there!

Day 16

Steps/10,000

You're a champion! Congratulations on completing 160,000 steps.

Take a break for five!

Total Steps



Share your progress amongst our Walk for autism Facebook group
www.facebook.com/groups/walkforautismaustralia and hashtag #walkforautism2023

www.walkforautism.org.au

