

Civil Service  
**Active  
Wellbeing  
Week** July 1-5  
2019

# Individual Walking Steps Challenge

1-5 July

	TOTAL STEPS	COMMENTS
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
OVERALL TOTAL		

## Tips for use



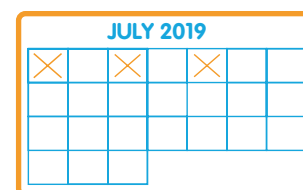
Encourage your  
Department to get  
involved



Pick a team leader to  
organise an office/inter  
team step challenge



Have a prize incentive



Alternatively pick a day,  
rather than the 5 days