



I've Done It!

WEEK 1

WEEK 2

WEEK 3

WEEK 4

GRAND TOTAL

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WEEK 1 The number of steps I'd like to walk this week	
DATE	Steps achieved

Week 1 steps achieved:

WEEK 2 The number of steps I'd like to walk this week	
DATE	Steps achieved

Week 2 steps achieved:

Overall total:

WEEK 3 The number of steps I'd like to walk this week	
DATE	Steps achieved

Week 3 steps achieved:

Overall total:

WEEK 4 The number of steps I'd like to walk this week	
DATE	Steps achieved

Week 4 steps achieved:

Overall total:



Need some help?

Check out www.chestnut-tree-house.org.uk/nurses-steps for our FAQs and more information, or contact the Chestnut Tree House Nurses' Steps team at events@chestnut-tree-house.org.uk or 01903 706354