



## Tree Steps Challenge

Thank you for signing up to take part in the Tree Steps Challenge!  
Please use this to record all of your steps during the next 30 days.

For every **5000 steps** - we'll plant **one tree** in Africa

Name of Individual or Family: .....

Email: .....

Date Started: .....

You have 30 days to complete the Tree Steps Challenge. We would love to see your progress so join our 'Tree Steps Challenge for Self Help Africa' group on Facebook.

DAY	STEP COUNT
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

DAY	STEP COUNT
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	

Date  
Completed: .....

**Total  
Steps:**

Please send your completed log to **treesteps@selfhelpafrica.org.uk**  
to receive your virtual medal!