



Thank you for signing up to take part in the TreeSteps Challenge!
Please use this to record all of your steps during the month of April.

Take **100,000 steps**, and we'll plant **10 trees** in Africa!

Name:

Email:

Age: Date Started:

You have 30 days to complete the TreeSteps Challenge. We would love to see your progress so join our TreeSteps Challenge 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!