

The Team Step Challenge progress chart



Encouraging and helping people to live healthier and more active lives

- Read through the accompanying leaflet for all the information you need.
- Form a walking group with friends or colleagues.
- Wear your step counter whenever you go for a walk and record your daily distances using the chart below.
- You may wish to use the challenge as an opportunity to raise money for a charity of your choice through sponsorship.
- Once you have completed the 180 mile challenge (360,000 steps) as a group, send back the progress charts to receive some Go4Life goodies!

If you need any help with the challenge or would like more information about the Go4Life scheme please call **01275 810 995** or email **go4life@n-somerset.gov.uk**

Group/ Workplace:

Name:

DOB:

Address:

Post Code:

Tel:

Email:

Go4Life is a North Somerset Partnership initiative which aims to encourage and support local people to lead healthier lives. We do this by promoting healthy eating, developing new ways for people to get active and making it easier for them to get involved, even if they might normally find it difficult.

If you would like to join in with Go4Life and make a personal pledge to participate in more than 90 minutes of physical activity a week, please sign below. If you provide an email address above we will keep you updated with information about getting active in North Somerset.

I give permission to be contacted about Go4Life and my physical activity levels in the future.

| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|--------------|---|---|---|---|---|---|---|---|
| Mon | | | | | | | | |
| Tue | | | | | | | | |
| Wed | | | | | | | | |
| Thur | | | | | | | | |
| Fri | | | | | | | | |
| Sat | | | | | | | | |
| Sun | | | | | | | | |
| TOTAL | | | | | | | | |

Signature: **Date:**

Disclaimer: North Somerset Partnership in accordance with the data protection act will hold any personal information supplied. This information will be used as part of the Go4Life scheme only and will not be passed on to any other organisation.



Freepost Plus RRTG-SBCT-ZSGE
Go4Life
Community Involvement Office
Somerset Square
Nailsea
BS48 1RQ