**MY GOAL IS TO TAKE __________ STEPS EVERY DAY BY THE END OF MY 4-WEEK CHALLENGE**

Name: ______________________________________

Start Date: ___________________________  Finish Date: _______________________

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Weekly Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 2:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 3:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 4:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10,000 Steps</td>
</tr>
</tbody>
</table>

Aim to reach your own goal, or better still at least 10,000 steps a day by the end of the 4-week challenge. Make sure you gradually and safely increase your activity levels.

Get Active
4 Week Step Challenge
For children & young people

Benefits of Active Travel
- Feel fit!
- Walking & cycling are great ways to get fit.
- Tax your thighs instead of your tyres!
- Relax!
- Being active is proven to reduce stress and anxiety. No need to worry about traffic jams and get there on time.
- Savings!
- Spend your money on you instead of your car. With rising fuel prices & parking rates it makes sense to think of travelling actively.
- Good role model!
- If you walk to the shops or walk some of the school journey with your child, there is a greater likelihood they will become active too. Instead of focusing on traffic, you have a great opportunity to spend some time with your child.
- A healthier environment!
- Walking & cycling leads to less cars on the road meaning safer surroundings, cleaner air and less noise for you & your family.

Travel Swap Shop
It is not always possible to choose active travel, but even small changes can have a positive impact on your activity levels as well as helping the environment. For more information on steps you can take to lead a healthier, more active lifestyle log on to: [www.getirelandactive.ie](http://www.getirelandactive.ie) [www.littlesteps.eu](http://www.littlesteps.eu)
Physical activity can help you feel good and be healthy. All children and young people should be active for at least 60 minutes every day.

Taking at least 10,000 steps along with other activities like dancing, swimming and cycling everyday will help you get your 60 minutes a day.

Activities such as stretching or climbing which help keep your bones healthy and give you strong and flexible muscles are also important. Try to do these types of activities 2 - 3 times a week as well. For activity ideas go to www.getirelandactive.ie

Using your step counter:
A step counter counts the number of steps you take each day. Using a step counter can be a fun way to see how active you are and can help you to be more active.

Wear it on the waistband of your skirt or trousers above your hip and it will count every step you take. When starting make sure it is set at 00000

See how many steps you take when you:
1. Walk from the school gate to your classroom
2. Walk around your school building:
3. Walk home to/from school:

Now you are ready to wear your step counter every day.

Get Active 4-Week Step Challenge:
Getting started:
On the 1st day record the number of steps you take - don't change your normal routine.

Using the number of steps from day 1 as a guide set a goal to reach each day of the 1st week.

At the start of every remaining week set new goals by adding at least 500-1,000 steps to your daily step total.

Aim to reach your own goal or better again at least 10,000 steps a day everyday by the end of the 4-week challenge.

Remember:
• Each morning press the reset button (00000)
• Record your steps last thing at night.
• Do not shake it or put it in your pocket, it won't count your steps properly.
• Remove step counter before washing your clothes.

Be Safe:
• Wear comfortable shoes with a good grip.
• Walk in well lit areas and wear reflective clothing.
• Be careful of traffic and use the safe cross code (www.rsa.ie).
• Make sure your parents or an adult knows where you are and who you are with.

List 3 ways you could add more steps to your day?
1. .................................................................
2. .................................................................
3. .................................................................

Get Ireland Active
Promoting Physical Activity in Ireland

Promoting health through Active Travel

Benefits of Active Travel
Feel fit!
Walking & cycling are great ways to get fit.
Tax your thighs instead of your tyres!
Relax!
Being active is proven to reduce stress and anxiety. No need to worry about traffic jams and get there on time.
Savings!
Spend your money on you instead of your car. With rising fuel prices & parking rates it makes sense to think of travelling actively.
Good role model!
If you walk to the shops or walk some of the school journey with your child, there is a greater likelihood they will become active too. Instead of focusing on traffic, you have a great opportunity to spend some time with your child.
A healthier environment!
Walking & cycling leads to less cars on the road meaning safer surroundings, cleaner air and less noise for you & your family.

Go Places!
Travel Swap Shop
It is not always possible to choose active travel, but even small changes can have a positive impact on your activity levels as well as helping the environment. For more information on steps you can take to lead a healthier, more active lifestyle log on to:
www.getirelandactive.ie
www.littesteps.eu
www.irishsportscouncil.ie/participation

For more tips on being active visit:
www.getirelandactive.ie
www.littesteps.eu
www.irishsportscouncil.ie/participation