

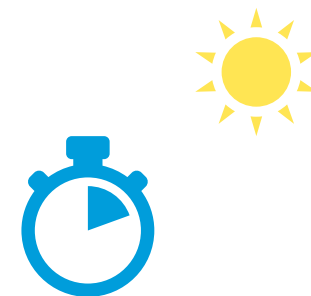
Stride for Stroke

Keep track of your challenge journey by marking down how many steps you take each day – good luck!



30 days

Total _____



Total _____

60 days

90 days

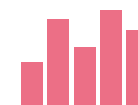
Total _____



1.3 million steps
10,000 steps per day
130 days

130 days

Total _____



stroke.org.uk

Grand total _____ steps

Stride for Stroke

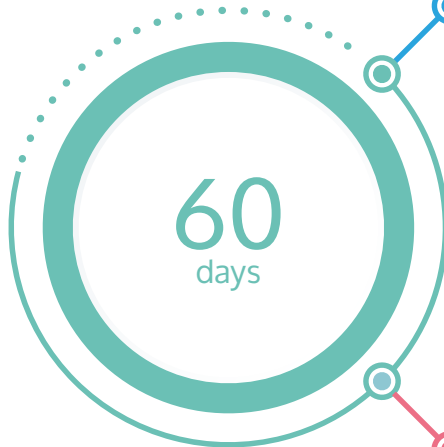
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60 day total





90 day total

130 day total

Grand total

