

# HSE Steps to Health Challenge 2021



Record your steps below:

	Week 1	Week 2	Week 3	Week 4	Week 5
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					
Total					

Start Date

Finish Date



More information is available on our website  
[hse.ie/stepschallenge](https://hse.ie/stepschallenge) or email [stepstohealth@hse.ie](mailto:stepstohealth@hse.ie)

