

# HEART UK's 10,000 Steps a day Challenge 2025



Improve your heart health and raise vital funds for people at risk of preventable heart attacks & strokes due to high cholesterol

Name.....

<b>1</b> steps	<b>2</b> steps	<b>3</b> steps	<b>4</b> steps	<b>5</b> steps
<b>6</b> steps	<b>7</b> steps	<b>8</b> steps	<b>9</b> steps	<b>10</b> steps
<b>11</b> steps	<b>12</b> steps	<b>13</b> steps	<b>14</b> steps	<b>15</b> steps
<b>16</b> steps	<b>17</b> steps	<b>18</b> steps	<b>19</b> steps	<b>20</b> steps
<b>21</b> steps	<b>22</b> steps	<b>23</b> steps	<b>24</b> steps	<b>25</b> steps
<b>26</b> steps	<b>27</b> steps	<b>28</b> steps	<b>29</b> steps	<b>30</b> steps
<b>31</b> steps				

[www.heartuk.org.uk/steps](http://www.heartuk.org.uk/steps)

