



Step Count Record

(27,000 steps = Equivalent of Croagh Patrick Climb)

How many times can you do it?

Set your own Steps Target, whatever you think would be a good challenge for you. Then Post it on Social Media and tag/challenge 5 others using #sunriseupcroaghpatrick

Name:

Day / Week	Week 1	Week 2	Week 3	Week 4	Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Total					

Fill in this sheet as you build up your step count & post photos of your progress (record sheet or app count) and videos of yourself doing steps to motivate your donors. Please use #sunriseupcroaghpatrick