

Step Up For January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Time to start walking	2	3	4
5	6	7	8 Don't give up, you're awesome	9	10	11
12 Give the dog an extra walk	13	14	15	16 Well done you're over half way	17 You've walked just over 100 miles	18
19	20	21	22	23	24	25 Have a mad cleaning day
26 You're on the home stretch	27	28	29	30	31 Yayyy you've done it congratulations	Total