



Leeds Well School
Partnership
Physical Activity • Physical Education • Sport

Small
Steps
Make Big
Differences!

My Steps Challenge

Name:

Class:

Move More ♥ Feel Happier ♥ Be Healthier ♥ A Brighter Future ♥

Active
People
Brighter
Futures

MOVE MORE
EXPLORE
ACHIEVE
TOGETHER

Week 1

Let's Get Started!

Day	My Steps	I Did It!
Mon		☐
Tue		☐
Wed		☐
Thu		☐
Fri		☐
Sat		☐
Sun		☐

Week 1 Total:

Week 2

Keep Going!

Day	My Steps	I Did It!
Mon		☐
Tue		☐
Wed		☐
Thu		☐
Fri		☐
Sat		☐
Sun		☐

Week 2 Total:

Week 3

You're Doing Great!

Day	My Steps	I Did It!
Mon		☐
Tue		☐
Wed		☐
Thu		☐
Fri		☐
Sat		☐
Sun		☐

Week 3 Total:

Week 4

Finish Strong!

Day	My Steps	I Did It!
Mon		☐
Tue		☐
Wed		☐
Thu		☐
Fri		☐
Sat		☐
Sun		☐

Week 4 Total:

HEALTHIER
HAPPIER
KINDER
STRONGER
TOGETHER ♥

Every Step Counts!

Different
People
Brighter
Horizons