



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		7 th	14 th	21 st	
Tuesday	1 st	8 th	15 th	22 nd	
Wednesday	2 nd	9 th	16 th	23 rd	
Thursday	3 rd	10 th	17 th	24 th	
Friday	4 th	11 th	18 th	25 th	
Saturday	5 th	12 th	19 th	26 th	
Sunday	6 th	13 th	20 th	27 th	
Total					

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