

Walk All Over Cancer countdown



CANCER
RESEARCH
UK

10,000 steps a day. This March. For Cancer Research UK.

Lace up! Time to Walk All Over Cancer.						Going out? Save money and walk home.	
1	2	3	4	5	6	7	
				Give the dog a month of extra walks.		Try a new walking route.	
8	9	10	11	12	13	14	
		You're over halfway! Keep on stepping.					You'll have hit around 100 miles now! We salute you.
15	16	17	18	19	20	21	
						Step your way through household chores.	
22	23	24	25	26	27	28	
		You've done it! Put your feet up, hero.					
29	30						

Visit cruk.org/walkallover
Together we will beat cancer