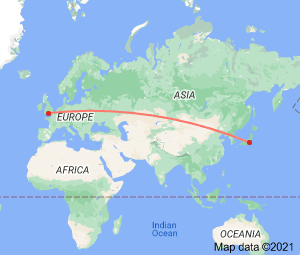
**Tokyo Challenge Miles/ Steps Log**

**Welcome to the Tokyo Challenge.**

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* Taking part is optional 😊
* You can take part by walking, running, swimming, rowing etc as long as it’s something active.
* Keep track of your daily steps or miles in the log below. You can track miles / steps using most smart phones or a free app.
* Send them to us weekly on the highlighted days, or all in one go at the end of the challenge on the 5th September.
* You can take part just for fun or if you’d like to ask for sponsorship, you can use our team Just Giving page:

<https://www.justgiving.com/fundraising/ycttokyo>

**Name:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Miles or Steps** | **Tally** | **Activity**  (Running, walking, swimming, rowing etc ) |
| 23rd July |  |  |  |
| 24th July |  |  |  |
| 25th July |  |  |  |
| 26th July |  |  |  |
| 27th July |  |  |  |
| 28th July |  |  |  |
| 29th July |  |  |  |
| 30th July |  |  |  |
| 31st July |  |  |  |
| 1st August |  |  |  |
| 2nd August |  |  |  |
| 3rd August |  |  |  |
| 4th August |  |  |  |
| 5th August |  |  |  |
| 6th August |  |  |  |
| 7th August |  |  |  |
| 8th August |  |  |  |
| 9th August |  |  |  |
| 10th August |  |  |  |
| 11th August |  |  |  |
| 12th August |  |  |  |
| 13th August |  |  |  |
| 14th August |  |  |  |
| 15th August |  |  |  |
| 16th August |  |  |  |
| 17th August |  |  |  |
| 18th August |  |  |  |
| 19th August |  |  |  |
| 20th August |  |  |  |
| 21st August |  |  |  |
| 22nd August |  |  |  |
| 23rd August |  |  |  |
| 24th August |  |  |  |
| 25th August |  |  |  |
| 26th August |  |  |  |
| 27th August |  |  |  |
| 28th August |  |  |  |
| 29th August |  |  |  |
| 30th August |  |  |  |
| 31st August |  |  |  |
| 1st September |  |  |  |
| 2nd September |  |  |  |
| 3rd September |  |  |  |
| 4th September |  |  |  |
|  |  |  |  |
| **TOTAL:** |  |  |  |

**Well done for Completing the Tokyo Challenge**

**Don’t forget to send your miles log to** [**wendy@yct.org.uk**](mailto:wendy@yct.org.uk)