

# Walk All Over Cancer steps tracker



CANCER  
RESEARCH UK  
WALK ALL  
OVER CANCER

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	8	9	10	11	12	13	
				Give the dog a month of extra walks.	Try a new walking route.		
14	15	16	17	18	19	20	
			You're over halfway! Keep on stepping.				
You'll have hit around 100 miles now! We salute you.	21	22	23	24	25	26	27
						Step your way through household chores.	
28	29	30	31	You've done it! Put your feet up, hero.			

Visit [cruk.org/walkallover](https://cruk.org/walkallover)  
Together we will beat cancer