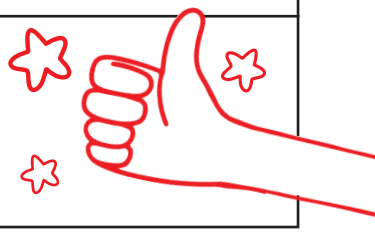
STEP UP FOR Brake the road safety charity

Taking action to support road victims

Track your progress

Tick off your progress each day as you complete your 7,000 steps.
For motivation and tips to help you stay on track, visit www.brake.org.uk/step-up.

			1 January Day one! Your Step Up challenge starts today. Complete your 7,000 steps and share your progress.	**2 January**	**3 January**	**4 January** See how many steps you can get in during your weekly shop.
5 January	**6 January**	**7 January**	**8 January** One week down! You're doing great. Don't forget to log your activity.	**9 January**	**10 January**	**11 January**
12 January Take a phone call on the move today and add some extra steps.	**13 January**	**14 January**	**15 January** Halfway there! Why not try a new route or explore somewhere new as you get your steps in?	**16 January**	**17 January**	**18 January** Get off the bus one stop early and add some extra steps to your daily total.
19 January	**20 January**	**21 January**	**22 January**	**23 January** Almost there. Keep sharing your fundraising page with friends and family.	**24 January**	**25 January**
26 January	**27 January**	**28 January**	**29 January**	**30 January**	**31 January** Final day! It's time to celebrate your achievement and get those final donations.	

Step Up is a fun fundraising challenge to raise money for Brake, the road safety charity.
All money raised will help fund Brake's vital work campaigning to end road death and injury and supporting road victim families in their darkest and most difficult times.
Find out more at www.brake.org.uk

Brake the road safety charity

Registered with FUNDRAISING REGULATOR

Registered charity no. 1093244
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