Мо	ve					Fork York	
E	Everyday				Steps Tracker		
	In		ay!	Get ready, it's time to move for mental health!	2	3	
	Give your dog a month of extra walks!			Get some fresh air and see nature!			
4	5	6	7	8	9	10	
Try a new walking route.			Step your way through household chores.			You're over halfway! Keep up the good work!	
11	12	13	14	15	16	17	
	If you can, use your senses out on a walk. What can you see/hear/smel l/taste/feel?			You are doing absolutely amazing, not long to go!			
18	19	20	21	22	23	24	
		Can you take 3 photos of cool things you come across on your walk?				You've done it! Put your feet up and rest. You are a mental health champion!	
25	26	27	28	29	30	31	

Walk to raise money for our mental health services.

Find out more:

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