

# PROGRESS TRACKER

ONE MILLION STEP CHALLENGE

I'm taking on the One Million Step Challenge to help end the harm caused by diabetes.

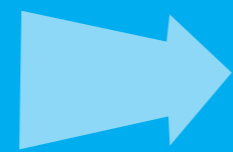
From 1 July to 30 September I'll take one million sponsored steps to raise funds for research and support for people with diabetes.

Help me make every step count

To sponsor me, go to [www.diabetes.org.uk/step](http://www.diabetes.org.uk/step) and search for my name.

STEPS TAKEN

SO FAR



100,000

Off the starting blocks

200,000

Getting into your stride

600,000

Keep going

500,000

Half way!

400,000

You've got this

300,000

Got some momentum now

700,000

The end is in sight

800,000

Getting nearer...

900,000

So close!

1,000,000

Yay! You did it! You're a Million Step Champion!

MY FUNDRAISING GOAL IS

£

0%



25%



50%



75%



100%



GOAL REACHED!

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

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