MARATHON IN A MONTH

Team Name: _____

Month: _____

Team goal: ☑ **55,000 steps**
(marathon distance – team total)

What We're Doing: As a team, we're aiming to complete the distance of a marathon over the month.

All movement counts: walking, wheeling, pacing, active breaks, or commuting.

You can donate here!

Team Steps Tracker

Name: (optional)	Date:	Steps added:	Team Running Total

This supports the work of Family Mental Fitness North East CIC. Funds raised are for health and wellbeing programmes for children, young people, and families across the North East.

Family Mental Fitness North East
A COMMUNITY INTEREST COMPANY