

YOUR STRIDE THROUGH SPRING TRACKER

STRIDE
through
SPRING

On average, every week, two families in the UK will be told their child has neuroblastoma, a rare and life-threatening type of cancer.

Your support will help fund leading research projects into new, more effective and kinder treatments for children with neuroblastoma.

**Help fight neuroblastoma,
one step at a time**



NEUROBLASTOMA UK
FIGHTING CHILDHOOD CANCER

neuroblastoma.org.uk

WEEK 1

Day of the week	Today I walked....steps
Thursday 1st	
Friday 2nd	
Saturday 3rd	
Sunday 4th	

weekly total =

WEEK 2

Day of the week	Today I walked....steps
Monday 5th	
Tuesday 6th	
Wednesday 7th	
Thursday 8th	
Friday 9th	
Saturday 10th	
Sunday 11th	

weekly total =



We've created this tracker for you to keep a tally of how many steps you've walked each day, if you've reached that 10,000 target, where you walked, how you were feeling. Use in a way that works for you!

WEEK 3

Day of the week	Today I walked....steps
Monday 12th	
Tuesday 13th	
Wednesday 14th	
Thursday 15th	
Friday 16th	
Saturday 17th	
Sunday 18th	

weekly total =

WEEK 4

Day of the week	Today I walked....steps
Monday 19th	
Tuesday 20th	
Wednesday 21st	
Thursday 22nd	
Friday 23rd	
Saturday 24th	
Sunday 25th	

weekly total =

THE FINAL WEEK!

Day of the week	Today I walked....steps
Monday 26th	
Tuesday 27th	
Wednesday 28th	
Thursday 29th	
Friday 30th	

weekly total =

Congratulations, you made it!

We are so grateful for your support, which will help continue to fund vital research projects into new, more effective and kinder treatments for children with neuroblastoma.

What's next?

Let us know how many steps you've walked over the month by emailing fundraising@neuroblastoma.org.uk and we'll be in touch to congratulate you!

Registered Address: Neuroblastoma UK,
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London, SE1 4YR
Registered Charity Number 326385
Contact Number 020 3096 7890

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