

Walk **10,000** steps a day, in the month of May Steps Diary



Week

Track your steps by keeping your daily totals here:

Date	Day	Steps	Total So Far

Total Steps for Week =

Visit www.gsdrescue.uk/stepsinmay

LUOSKO German Shepherd Dog Rescue is a registered charity in England & Wales (1188407)

Helping to Rescue, Rehabilitate, Train & Rehome German Shepherd Dogs