MENTAL HEALTH MONTH

‘GO THE EXTRA K’ - RUN/WALK CHALLENGE - 9K PER DAY

Walk *9000 steps or run 9k per day for 30 days for the 9 Australians we lose through suicide every day.

*9,000 steps are roughly equivalent to 7.2 kilometres. This is a good amount of walking for health benefits, with some studies suggesting it’s close to the optimal number of steps to reduce mortality risk.

WINSLOW

TALLY SHEET

PROJECT/OFFICE NAME:

NAME OF INDIVIDUAL OR TEAM / DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

Kick off your 30-day challenge from **September 1st**, with the journey concluding on **September 30th**.

W = Walking, R = Running