

The Million Step CHALLENGE

百萬健步挑戰



Youth Diabetes Action
兒童糖尿協會



Challenger 挑戰者

NOVEMBER 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Record your steps everyday, help us achieve ONE MILLION STEPS!
記錄每天步數，一起達成一百萬步的目標吧!

			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		

NOTES 備註

Total number of steps 總步數