



Youth Diabetes
Action
兒童糖尿協會

Challenger 挑戰者

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！

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

The Million Step CHALLENGE

百萬健步挑戰



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*如欲索取捐款收據，姓名須與香港身份證/護照上資料相同

*To request a donation receipt, the name must same as Hong Kong Identity Card/Passport

Sponsor's name 捐助人姓名	Amount (HKD) 款額 (港幣)	Contact number 聯絡電話	Email address 電郵	Donation receipt 捐款收據
				✓ X
				✓ X
				✓ X
				✓ X
				✓ X
				✓ X
				✓ X
				✓ X
				✓ X
				✓ X

Total
amount 總額

JOIN US IN OUR MILLION STEP CHALLENGE!
SUPPORT CHILDREN WITH DIABETES IN HONG KONG

參加百萬健步挑戰！
支持本港糖尿病兒童

