THE BIG NORTHUMBERLAND GEAR CHANGE

Challenge 2

The 10 Min Challenge

For a month ditch the car for all journeys you would normally do that take 10 mins or less like going to the local shop or visiting a nearby friend. Mark your miles in the chart below and see how the calories burned, steps taken and CO_2 and fuel saved add up.

Use a pedometer, fitness tracker or the NHS's Active 10 app to make recording your miles easier nhs.uk/better-health/get-active/

Date	Mins	Miles	Date	Mins	Miles
Date	Mins	Miles	Date	Mins	Miles
Date	Mins	Miles	Date	Mins	Miles
Date	Mins	Miles	Date	Mins	Miles
Date	Mins	Miles	Date	Mins	Miles
Date	Mins	Miles	Date	Mins	Miles
Date	Mins	Miles	Date	Mins	Miles
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Date	Mins	Miles	Date	Mins	Miles
Date	Mins	Miles	Date	Mins	Miles
Date	Mins	Miles	Date	Mins	Miles

Total miles walked =

Total mins walked =

Calories burned: (caloriesburnedhq.com)

Fuel saved = (www.fuel-economy.co.uk/calc)

Total CO_2 saved = (fleetnews.co.uk/costs/carbon-footprint-calculator/)