The 10 Min Challenge

Challenge yourself to 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 CO2 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 |
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| Total miles walked = | | | Calories burned: (caloriesburnedhq.com) | | |
| Total mins walked = | | | Fuel saved = (fuel-economy.co.uk/calc.html) | | |
| Total CO2 saved - (factorist sureformul) | | | | | |

Total CO2 saved = (footprint.wwf.org.uk)