## Challenge 2

## 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 $\mathrm{CO}_{2}$ 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 |
| :--- | :--- | :--- | :--- | :--- | :--- |
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| Total miles walled = |  | Calories burned: |  |  |  |
| Total mins walked $=$ |  | (caloriesburnedhq.com) | (fuel-economy.co.uk/calc.html) |  |  |
| Total CO2 saved = (footprint.wwf.org.uk) |  |  |  |  |  |

