

How do I join in?

You can count your steps using one of our **TRAVEL WELL** pedometers or use an app on your phone. Write your step count in this record each day, or log them online in the Go Jauntly app.



March through March

with

TRAVEL WELL

and

How can I join the challenge online?

Go Jauntly is a free walking app designed to help people get out for a walk and connect with nature. Just download the app, search for the Travel Well **Marching through March** challenge and sign up!



www.gojauntly.com



Join the challenge to walk 4000 steps or more every day in March.

Why 4000 steps?

Walking 4000 steps or more each day can lower your risk of heart disease and death. Walking more steps each day lowers the risk even more!*

*Findings from a study published in the European Journal of Preventive Cardiology, Volume 30, Issue 18, December 2023, Pages 1975–1985

Challenge Record

Name:

Find out more about Travel Well at
www.transportnottingham.com/travelwell



Write your total number of steps each day in March



1		9		17		25	
2		10		18		26	
3		11		19		27	
4		12		20		28	
5		13		21		29	
6		14		22		30	
7		15		23		31	
8		16		24			

Grand

Total

Complete the challenge and enter a free prize draw to win a £50 shopping voucher!

Just send a photo of your completed record with your name, postcode and phone number to travel.well@nottinghamcity.gov.uk or bring your completed form to the **Travel Well** stand at your local Health and Wellbeing Hub event in April. You'll find all the terms and conditions and our privacy notice on the Travel Well website: www.transportnottingham.com/travelwell/march