

**STEP
UP**
FOR RNID

CHALLENGE TRACKER



#StepUpForRNID

Step, climb, swim, move or even dance - however, whenever and wherever!

My challenge goal:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|---------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Activity: | | Activity: | | Activity: | | Activity: | | Activity: | | Activity: | | Activity: | |
| Deaf awareness week | | | | 01 | 02 | 03 | 04 | 05 | | | | | |
| Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: |
| 06 | 07 | 08 | 09 | 10 | 11 | 12 | | | | | | | |
| Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | | | | | | | |
| Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | | | | | | | |
| Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Activity: | Total: | | | | | | |
| 27 | 28 | 29 | 30 | 31 | | | | | | | | | |

RNID | Supporting people who are deaf, have hearing loss or tinnitus