



# STEPtember CHALLENGE

September 2023

It's time we STEP UP  
for the forgotten  
children of Darfur.  
There is no one else.



M T W T F S S

No  
step  
ups

No  
step  
ups

No  
step  
ups

No  
step  
ups

1  
20

2  
25

3  
30

4  
35

5  
Rest

6  
40

7  
45

8  
50

9  
60

10  
60

11  
70

12  
Rest

13  
70

14  
80

15  
80

16  
85

17  
85

18  
90

19  
Rest

20  
90

21  
95

22  
100

23  
103

24  
110

25  
115

26  
Rest

27  
117

28  
120

29  
123

30  
125

Well  
done!

That's 2,023 STEP-UPS for STEPtember 2023!

Let's STEP UP, Let's Support, Let's Spread the Word.

Let's Get Fit, Let's Have Fun, Let's Fundraise!

[www.kidsforkids.org.uk/Steptember-challenge-Sept-2023](http://www.kidsforkids.org.uk/Steptember-challenge-Sept-2023)