



hammersmith LONDON

Competition **THE STEP CHALLENGE**

Register for your **FREE PEDOMETER** and keep a daily record.
PRIZES INCLUDE AN IPOD NANO AND LUNCH AT ANTONIA'S

Why not enter a team for the Inter Company Challenge?
and win A LUNCH FOR ALL YOUR TEAM AT ANTONIA'S

- Maximum number on a team is 5
- Companies may enter more than one team

If you achieve the highest number of individual steps **win an IPOD NANO**

RECORD CARD

Can you rise to the Step Challenge?

NAME _____

COMPANY _____

EMAIL _____

At the end of each day you should write how many steps you have walked for each of the challenges you completed.

CHALLENGES	WALK TO WORK	WALKING MEETING	WALK WITH A FRIEND	WALK AT LUNCH	WALK HOME	TOTAL
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
TOTAL						

TEAM NAME (only to be completed if part of a team)	NO. OF TEAM MEMBERS	TOTAL STEPS FOR TEAM
	(max 5)	

Completed record cards must be returned to HammersmithLondon, 1 Lyric Square, W6 0NB or emailed to info@hammersmithlondon.co.uk, by Friday 7th May, the winners will be announced the following week.

