



SPRING INTO ACTION

Test yourself by climbing to new heights in your own home or local area.

We're challenging you to climb up 50 flights of stairs a day to complete the UK Peaks Challenge.

Use this sheet to record your progress and track the mountains you've completed along the way.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	TOTAL
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	TOTAL
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	TOTAL
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 29	TOTAL
DAY 30	DAY 31	DAY 33	DAY 34	DAY 35	DAY 36	DAY 37	TOTAL



Slieve Donard 360
Day Achieved



Scafell Pike 412
Day Achieved



Mount Snowdon 475
Day Achieved



Ben Nevis 587
Day Achieved



TOTAL FLIGHTS CLIMBED = 1834



Don't forget to share your progress on the East of England facebook page