

JOIN US FOR THE

Stayin' Wild Challenge!

28-DAY CHALLENGE
FOR MENTAL HEALTH

Start 3 August, 2020

WALK AN AVERAGE OF
10000 STEPS
A DAY FOR 28 DAYS

BE PART OF THE GIRLSTREK TEAM
AMBASSADORS FOR "STAYIN' WILD"

We are here to motivate, support and
lead you for a health and wellbeing
challenge!



GirlsTrek

LETS DO THIS TOGETHER!

Join the GirlsTrek Team

All you have to do:

- Sign up using this link: [STAYIN' WILD](#)
- Make sure you have a step tracking device. You can use apps on your phone EG "Health" on Iphone or "GoogleFit" on Android.
- Download WhatsApp to your phone so we can join you to your GirlsTrek Team
- Start "stepping" on 3 August 2020

Need more help deciding...

[CLICK HERE](#) for some examples of how you can "rack" up 10 000 steps a day.

On completion of the 28 day challenge we are going to hold a big party to CELEBRATE and "pass the hat around" for donations to
BEYOND BLUE



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