



# Stay at home mile

Colour in a tile for every mile you complete whilst staying at home. Remember 1 mile = approximately 2000 steps. You don't need to do it all at once – break it up into 500 steps at a time. Just keep moving! **Don't forget to put the chart in your window to cheer people up and show support for our amazing NHS and Key Workers!**



[www.fitmums.org.uk](http://www.fitmums.org.uk)