

RESULTS FORM

| NAME | FIRST WEEK | | | | | | | TOTAL |
|------|------------|---------|-----------|----------|--------|----------|--------|-------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
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ALTOGETHER =

Keep track of your steps

Enter the daily number of steps in this form. Enter the steps on the campaign's website.

Send steps via SMS

Send an SMS with the text TS followed by a space and the number of steps. The message is sent to: 1272.



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