



Welcome to the 400,000 Step Challenge!

You're now part of an amazing community stepping for the 400,000+ people in the UK living with type 1 diabetes.

Your steps matter. Your fundraising changes lives.
Let's get moving!

Hit your fundraising targets:



Raise £25 to receive your Breakthrough T1D T-shirt!

£25 may seem like a small amount but this could enable 25 parents to return to work, safe in the knowledge that their child's type 1 diabetes will be carefully managed at school, thanks to Breakthrough T1D's e-learning modules.



Raise £50 to receive your exclusive medal at the end of the challenge!

£50 could help 5 recently diagnosed children to no longer feel alone with their T1D. They now have a fluffy best friend called Rufus who also has T1D. He is sent to families as part of our KIDSAC which also includes information and helpful resources on living with type 1 diabetes.



Raise £250 to receive your Breakthrough T1D bobble hat!

£250 could pay for 4 hours of Breakthrough T1D research, funding the breakthroughs of tomorrow.



Challenge calendar

Keep track of your steps over the challenge. Tick, count steps, or even draw a stick person in each box when you have hit your daily challenge.



On your marks, get set, step!



Day 4 - Today you might have reached 36,000 steps for the 36,000 children living with T1D in the UK.

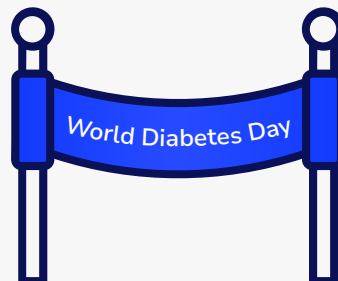


Day 20 - 200,000 steps down – 200,000 to go. World Diabetes Day has been celebrated since 1991 – it's the birthday of Sir Frederick Banting, who co-discovered insulin in 1922.



Day 33 - One week and 70,000 steps to go! This week we will send out approximately 125 Rufus bears to clinics and families to support newly diagnosed individuals.

				Monday 6 October Challenge Start!	Tuesday 7 October	Wednesday 8 October
				1	2	3
Thursday 9 October	Friday 10 October	Saturday 11 October	Sunday 12 October	Monday 13 October	Tuesday 14 October	Wednesday 15 October
4	5	6	7	8	9	10
Thursday 16 October	Friday 17 October	Saturday 18 October	Sunday 19 October	Monday 20 October	Tuesday 21 October	Wednesday 22 October
11	12	13	14	15	16	17
Thursday 23 October	Friday 24 October	Saturday 25 October You're Halfway!	Sunday 26 October	Monday 27 October	Tuesday 28 October	Wednesday 29 October
18	19	20	21	22	23	24
Thursday 30 October	Friday 31 October	Saturday 1 November	Sunday 2 November	Monday 3 November	Tuesday 4 November	Wednesday 5 November
25	26	27	28	29	30	31
Thursday 6 November	Friday 7 November	Saturday 8 November	Sunday 9 November	Monday 10 November	Tuesday 11 November	Wednesday 12 November
32	33	34	35	36	37	38
Thursday 13 November	Friday 14 November Challenge Complete!					
39	40					



You did it



Stepping 400,000 times for the 400,000 people living with T1D in the UK.



Day 8 - Today is Rufus the bear's birthday! Rufus has been supporting children to learn about their T1D and how to manage the condition for 28 years!



Day 15 - Did you know: A person living with T1D will face up to 180 diabetes-related decisions every day. That's 7,200 extra decisions over the 40 days of this challenge!