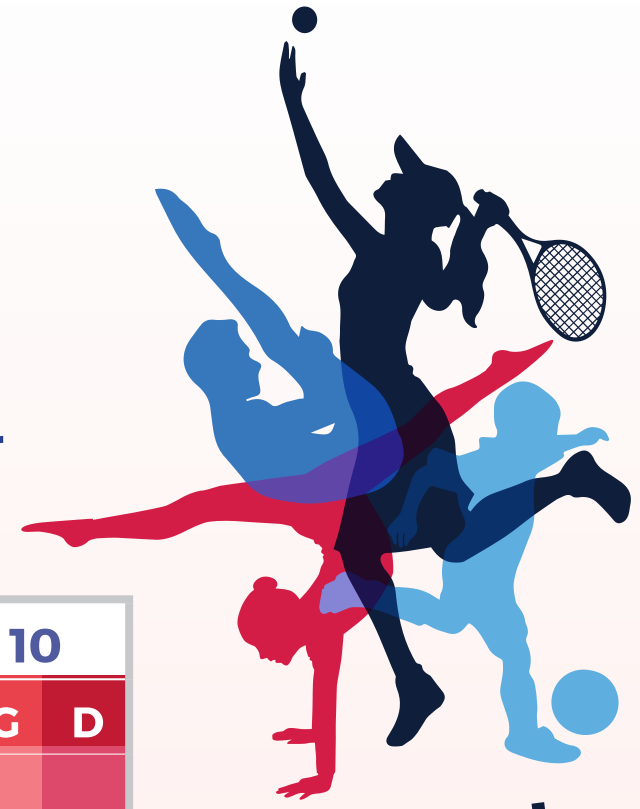
NSW PSC 10 WEEK CHALLENGE
Staff wall chart

Team Name: ____________________

Update weekly physical activity data and view your e-Wall Chart in the PSC Tracker (psctracker.com.au)



10 week Challenge

Staff Members	Week 1				Week 2				Week 3				Week 4				Week 5				Week 6				Week 7				Week 8				Week 9				Week 10			
	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D

Aim for one of the following awards

B — Bronze
200 mins/week
30 mins/day
31,500 steps/week
4,500 steps/day

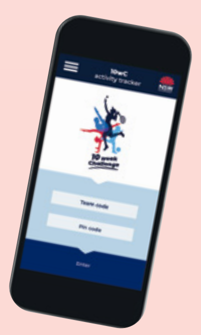
S — Silver
320 mins/week
45 mins/day
47,250 steps/week
6,750 steps/day

G — Gold
420 mins/week
60 mins/day
63,000 steps/week
9,000 steps/day

D — Diamond
560 mins/week
80 mins/day
84,000 steps/week
12,000 steps/day

NSW GOVERNMENT

To keep track of your physical activity data, use our 10wC activity tracker web app - **https://10wctracker.com.au/**



Premier's Sporting Challenge

***More** active, **more** often*