

QUEENSLAND HEALTH

STEPS CHALLENGE

29 APRIL - 31 MAY

GET INVOLVED

1

Sign up to the 10,000 Steps platform via the QR code



scan me!

2

Join a team on the QHSC challenge page or get an invite from your Team Captain



3

Track your activity by syncing your tech or entering as you go

Activity other than steps can be recorded to contribute to you & your team's progress



REMEMBER TO SLIP, SLOP, SLAP, SEEK & SLIDE 



Queensland
Government