

QUEENSLAND HEALTH

STEPS CHALLENGE

STEP UP TO THE CHALLENGE

4 AUGUST - 14 SEPTEMBER

1

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

2

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

3

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



REMEMBER TO SLIP, SLOP, SLAP, SEEK & SLIDE 



Queensland
Government