

# The Mare and Foal Sanctuary's Step Up In Spring Challenge

*Changing the lives of rescued horses and ponies, one step at a time*



**mare & foal**  
**SANCTUARY**  
*Kindness, Care and Knowledge*

## Week 1

### Day 1

**Walk 5,000 steps**

*TIP: Set up your fundraising page on JustGiving and share it with your friends and family.*

### Day 2

**Walk 5,000 steps in a woodland area**

### Day 3

**Walk 5,000 steps**

### Day 4

**Walk 6,000 steps at sunset**

### Day 5

**Walk 6,000 steps**

### Day 6

**Walk 6,000 steps with a friend**

### Day 7

**Walk 7,000 steps**  
Well done! You're halfway there!

*TIP: Get in touch with our fundraising team to let us know how it's going. We want to celebrate with you!*  
[fundraising@mareandfoal.org](mailto:fundraising@mareandfoal.org)

## Week 2

### Day 8

**Walk 7,000 steps—stop to admire some spring flowers!**

### Day 9

**Walk 7,000 steps**

### Day 10

**Walk 8,000 steps near a natural water course**

### Day 11

**Walk 9,000 steps**

### Day 12

**Walk 9,000 steps**

*Why not stop for a rest and reflect on the life-changing difference your support will have on the lives of our rescued horses and ponies.*

### Day 13

**Walk 10,000 steps**

### Day 14

**Walk 10,000 steps**

**Congratulations! You've walked 100,000 steps to help rescued horses and ponies in need.**

*TIP: Don't forget to take a photo of your final day to share with everyone who supported you!*