

Circulation Challenge

Record Sheet

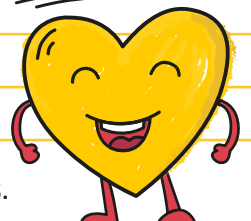
St John
Ambulance
Cymru



Let's work together and cover the 792km our blood travels around our body in 1 hour.

[illegible]

Hands on for Hearts



You can record your total on the circulation challenge tracker in 10km blocks.

[illegible]