



Walk 10,000 steps a day for a week and you could help improve access to water for women and girls, giving them the chance to get an education or to work, and to fulfil their potential.

You can take part at any time of year. Choose when you'll walk, and get family and friends involved!

Registration is free, with a fundraising target of £100. We encourage you to set up a [Just Giving page](#) to get started and share with your family and friends. Once you have walked 10,000 steps and raised £100 for CARE we will send you a limited edition finishers t-shirt.

Please complete the form below to sign up, and email to [events@careinternational.org](mailto:events@careinternational.org)

Full Name	
Gender	
Date of Birth	
Email Address	
T-shirt size (S/M/L)	
Phone Number	
Contact Address	
How did you hear about this event?	

We'd love to stay in touch with you to provide updates on CARE's work and other ways you can help, especially if a disaster strikes – *but we will only do so with your consent*. Please tell us the best ways of keeping in touch by ticking the boxes below. **You can update your choices and withdraw your consent at any time.**

I'm happy for CARE to contact me by:

- Email
- SMS

I do not want to be contacted by:

- Telephone
- Mail