STAIR CHALLENGE
Mitre Peak

1,692m
Mitre Peak, Milford Sound

To climb Mitre Peak you need to walk up or down _____ flight of stairs

Step height

Number of steps in a flight

Flight height — Metres

(step height x number of steps)

Name

Date	Tally Number of flights	Total Number of flights	Distance in metres (no. flights x flight height)
Total			

NPA078 | AUG 2014

SIT LESS, MOVE MORE, FEEL GOOD

hpa health promotion agency