

Walk or wheel every day in May!

This year, to celebrate the re-introduction of the Commonwealth Mile at the Glasgow 2026 Games, we're inviting our communities to get moving by walking or wheeling throughout the month.

The goal is simple: we want as many people as possible in Fife to walk, wheel or cycle at least 1 mile every day in the month of May. This works out as 31 miles throughout May, or more if you set your own goal. The Active Fife May walking challenge is for everyone across Fife.

How to take part

Sign up for the challenge by completing the **May Walking Challenge form** so we know you're joining in. Join as an individual or team up with friends, family, classmates, or colleagues. If you already walk a lot, you can even double or triple your daily miles target. It's up to you.

Once registered, simply get out and walk, wheel or cycle every day. This could be in your local park, on your way to work or school, during lunch, or as part of your group's usual activities. The challenge is fully inclusive and can be done using wheelchairs, buggies, walking frames, or other mobility aids.

Track your progress

To track your miles, download the **Commonwealth World Map**, which includes 31 numbered circles representing the countries we're "visiting" along the way - one for each mile (about 2,000 steps). Colour in a circle each day you complete your distance. And if you miss a day, don't worry - catch up whenever you can. We have calculated some step conversions for anyone using other modes to achieve their miles, including wheeling, jogging and cycling. Use the **Walking and Wheeling Challenge Step Converter** to work out the equivalent step count for your distance travelled.

You can track your progress using your own device - like a pedometer, smartwatch, phone or Fitbit. If you don't have a device, you can use the Walking and Wheeling Challenge Step Converter and our Walking Diary.

Completing the challenge

At the end of May, we'll ask you to tell us your total miles or steps. We'll add everyone's totals together to see how far we can 'travel' across the 31 Commonwealth countries.

Looking for motivation

If you would like some support to complete the challenge, why not join one of our Bums Off Seats health walks. We have a range of free led walks taking place across Fife where everyone is welcome. Find out more on our website: active.fife.scot/walking

Walking, wheeling, or cycling one mile a day can bring a wide range of benefits. It can reduce your risk of health conditions, improve mental health and keep you connected with others. Those who stay active tend to live longer, healthier, and happier lives.

Join us and let's walk or wheel our way around the world!
Scan the QR code to register
or visit: active.fife.scot/walking



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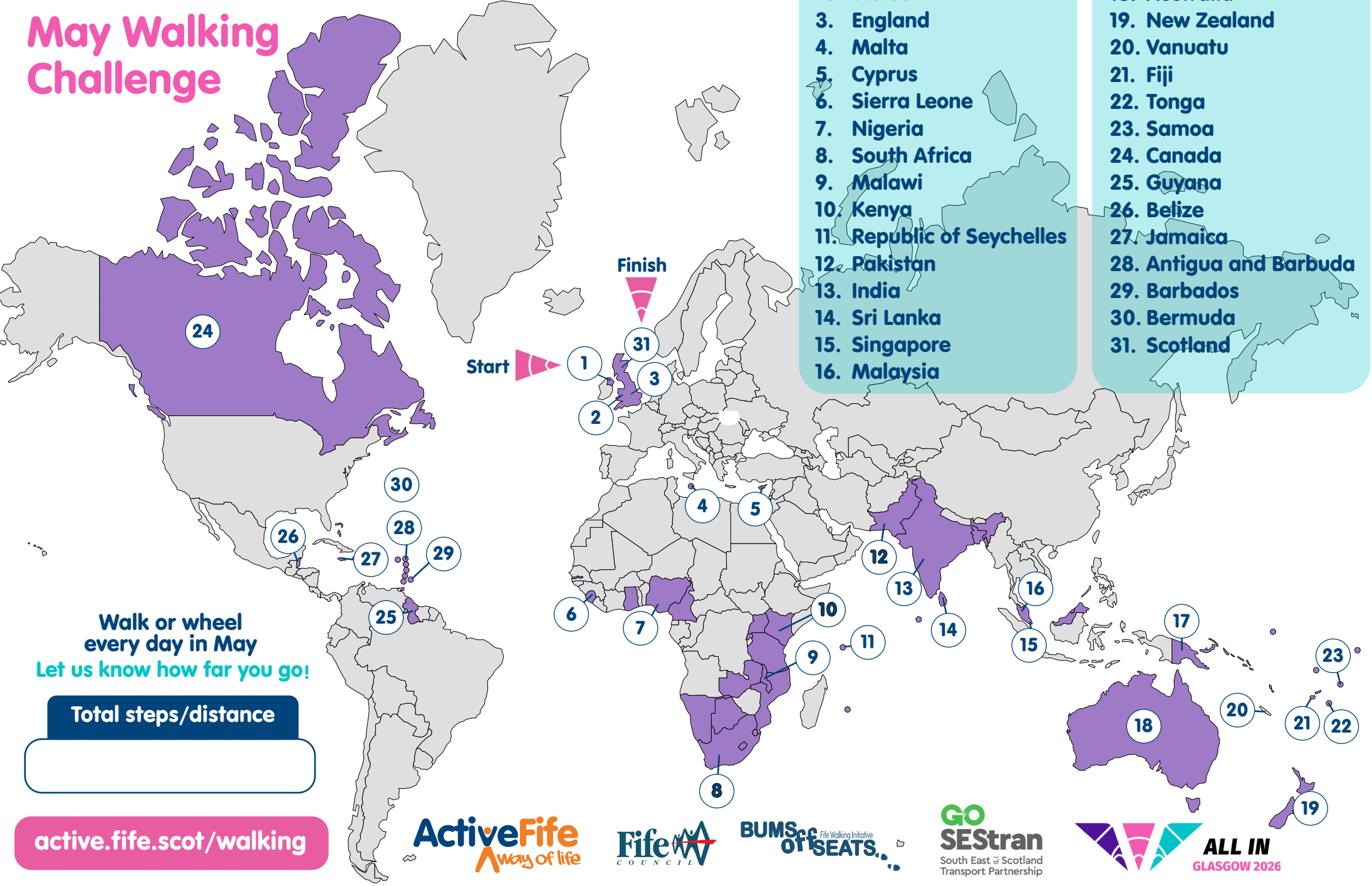


ActiveFife
A way of life

The Commonwealth Mile

May Walking Challenge

1. Northern Ireland
2. Wales
3. England
4. Malta
5. Cyprus
6. Sierra Leone
7. Nigeria
8. South Africa
9. Malawi
10. Kenya
11. Republic of Seychelles
12. Pakistan
13. India
14. Sri Lanka
15. Singapore
16. Malaysia
17. Papa New Guinea
18. Australia
19. New Zealand
20. Vanuatu
21. Fiji
22. Tonga
23. Samoa
24. Canada
25. Guyana
26. Belize
27. Jamaica
28. Antigua and Barbuda
29. Barbados
30. Bermuda
31. Scotland



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Let us know how far you go!

Total steps/distance

active.fife.scot/walking

