

30 DAY

Step Challenge

MONTH OF:

DAILY GOAL: 10,000

Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

Week 2

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10

Week 3

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15

Week 4

DAY 16	DAY 17	DAY 18	DAY 19	DAY 20

Week 5

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25

Week 6

DAY 26	DAY 27	DAY 28	DAY 29	DAY 30