

# Start Walking Challenge



## How it Works

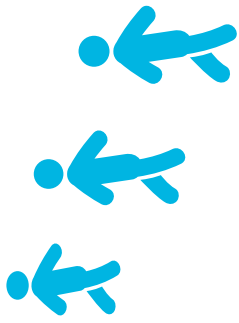
This simple walking challenge helps your team focus on taking each day one step at a time. As one of the easiest challenges to bring into the workplace, it can be done remotely and in-house. Best of all, it allows for cumulative totals throughout the day, so participants can tally up steps however they choose. For example, if a daily goal is to hit an hour daily, a participant could walk for 25 minutes in the morning, 15 minutes during a break, and 20 minutes after dinner. Step counters are the best way to count each and every step. Some smartphones have these counters or downloadable apps, but you may also choose to buy participants a wearable for this challenge, too.

## Engagement Ideas

- Email the challenge printable
- Giveaway company-branded pedometers to participants
- Ask participants to snap pics of favorite walking trails to share
- Keep employees engaged in content like [20 Fantastic Benefits of Walking Daily](#)
- Have participants download a tracker like Step Tracker or StepsApp Pedometer

“All truly great thoughts are conceived by walking.”

– Friedrich Nietzsche



# \* 30 DAY STEP CHALLENGE TRACKER \*

## TRACK YOUR STEPS

Use this printable tracker to set goals and work your way up to 10,000 steps a day.

Continue on with your success and aim to hit that goal every day moving forward!

Reaching 10,000 steps every day will help you maintain a healthy lifestyle.

Check off each day after you've met your daily step goal!

DAY 1

2,500 Steps

DAY 2

3,000 Steps

DAY 3

3,250 Steps

DAY 4

3,500 Steps

DAY 5

3,750 Steps

DAY 6

4,000 Steps

DAY 7

4,250 Steps

WEEK 1

4,500 Steps

WEEK 2

4,750 Steps

5,000 Steps

5,250 Steps

5,500 Steps

5,750 Steps

6,000 Steps

WEEK 3

6,250 Steps

6,500 Steps

6,750 Steps

7,000 Steps

7,250 Steps

7,500 Steps

7,750 Steps

WEEK 4

8,000 Steps

8,250 Steps

8,500 Steps

8,750 Steps

9,000 Steps

9,250 Steps

9,500 Steps

WEEK 5

9,750 Steps

10,000 Steps

**Woo-hoo — you made it!**  
Congrats on hitting 10,000 steps! See if you can double it for next month.

## STEP IT UP!!!

NAME: \_\_\_\_\_