



10,000 Steps a Day Challenge



Pick Your Challenge!

	Beginner "Off the Couch"	Intermediate (2-2.5 miles at one time)	Advanced (4.5-5 miles at one time)
Day 1	2,000 steps -you can do it all at once, or break it up into four 5 minute walks. Just count 500 steps per walk and you did it!	5,000 steps -you can do it all at once, or break it up into five 10-minute walks. Just count 1,000 steps per walk and you did it!	10,000 steps! You're a super-walker!
Day 2	Add 500 steps to make 2,500 steps	Add 500 steps to make 5,500 steps	10,000 steps
Day 3	Add 500 steps to make 3,000 steps	Add 500 steps to make 6,000 steps	10,000 steps
Day 4	Add 500 steps to make 3,500 steps	Add 500 steps to make 6,500 steps	10,000 steps
Day 5	Add 500 steps to make 4,000 steps	Add 500 steps to make 7,000 steps	10,000 steps
Day 6	Add 500 steps to make 4,500 steps	Add 500 steps to make 7,500 steps	10,000 steps
Day 7	REST! Rest is part of training the body!		
Day 8	4,500 steps	7,500 steps	10,000 steps
Day 9	4,500 steps	7,500 steps	10,000 steps
Day 10	Add 500 steps to make 5,000 steps	Add 500 steps to make 8,000 steps	10,000 steps
Day 11	5,000 steps	8,000 steps	10,000 steps
Day 12	5,000 steps	8,000 steps	10,000 steps
Day 13	5,000 steps	8,000 steps	10,000 steps
Day 14	REST! Do you notice that you are "naturally" more active even on rest days? That's what increased fitness does!		REST -super challenge for Week 3-add strength sessions!
Day 15	Add 500 steps to make 5,500 steps	8,000 steps	10,000 steps
Day 16	Add 500 steps to make 6,000 steps	8,000 steps	10,000 steps
Day 17	6,000 steps	Add 500 steps to make 8,500 steps	10,000 steps
Day 18	Add 500 steps to make 6,500 steps	8,500 steps	10,000 steps
Day 19	6,500 steps	8,500 steps	10,000 steps
Day 20	Add 500 steps to make 7,000 steps	8,500 steps	10,000 steps
Day 21	REST -rest days can also be cross-train days. You'll want to rest the walking muscles but why not target the upper body and core with a little strength session?		
Day 22	7,000 steps	8,500 steps	10,000 steps
Day 23	Add 500 steps to make 7,500 steps	Add 500 steps to make 9,000 steps	10,000 steps
Day 24	Add 500 steps to make 8,000 steps	9,000 steps	10,000 steps
Day 25	Add 500 steps to make 8,500 steps	9,000 steps	10,000 steps
Day 26	Add 500 steps to make 9,000 steps	Add 500 steps to make 9,500 steps	10,000 steps
Day 27	Add 500 steps to make 9,500 steps	Add 500 steps to make 10,000 steps	10,000 steps
Day 28	REST -get ready! Tomorrow you do the 10K (10,000 steps). Don't worry-you're ready!	REST -you have earned the rest... doesn't it feel A-MA-ZING to go the distance?	
Day 29	Add 500 steps to make 10,000 steps	10,000 steps	10,000 steps
Day 30	10,000 steps	10,000 steps	10,000 steps