

10K A Day Step Challenge

Meet your step goals each week for four weeks to complete this challenge.

10,000 steps a day are recommended for healthy adults to achieve health benefits. Steps can be accumulated during every day activities such as parking further from the entrance to shops, taking stairs instead of escalators, walking while at work and walking to socialize with friends and family.

Use an activity tracker to track your steps to become aware of your physical activity levels, work towards your goal and monitor your progress.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Goals
Week 1	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	Complete 10K steps 2 days this week
Week 2	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	Complete 10K steps 3 days this Week
Week 3	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	Complete 10K steps 4 days this week
Week 4	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	_____ Steps	Complete 10K steps 5 days this week

Studies using the 10,000 steps per day goal have shown weight loss, improved glucose tolerance, and reduced blood pressure from increased physical activity toward achieving this goal.

30 minutes of moderate physical activity such as walking, is approximately 3,000 - 4,000 steps.

Less than 5,000 steps per day is sedentary; 5,000 to 7,499 steps per day is low active; 7,500 to 9,999 steps per day is somewhat active; More than 10,000 steps per day is active; More than 12,500 is highly active.

TOTAL Days Achieved 10K steps
