

1,000,000 STEPS CHALLENGE



TRACKER

Welcome to the One Million Steps Challenge. You are all being sent a handy pedometer as this fall's Fitness Challenge start-up gift. I hope it will be useful for you this semester to keep you motivated and on track with your goals. Use this handy tracker to help you log your steps. When you reach the half-way mark at 500,000 steps, send me a copy of your tracker to receive a great prize! When you complete the challenge – 1,000,000 steps, send me a copy of your tracker to receive another amazing prize!

For all of you that complete this challenge, you will be entered into a prize draw to **win one of three \$500.00 travel vouchers!**

10,000	20,000	30,000	40,000	50,000	60,000	70,000	80,000	90,000	100,000
110,000	120,000	130,000	140,000	150,000	160,000	170,000	180,000	190,000	200,000
210,000	220,000	230,000	240,000	250,000	260,000	270,000	280,000	290,000	300,000
310,000	320,000	330,000	340,000	350,000	360,000	370,000	380,000	390,000	400,000
410,000	420,000	430,000	440,000	450,000	460,000	470,000	480,000	490,000	500,000
510,000	520,000	530,000	540,000	550,000	560,000	570,000	580,000	590,000	600,000
610,000	620,000	630,000	640,000	650,000	660,000	670,000	680,000	690,000	700,000
710,000	720,000	730,000	740,000	750,000	760,000	770,000	780,000	790,000	800,000
810,000	820,000	830,000	840,000	850,000	860,000	870,000	880,000	890,000	900,000
910,000	920,000	930,000	940,000	950,000	960,000	970,000	980,000	990,000	1,000,000

GREAT START

GO FOR IT

PRIZE!

500,000

KEEP GOING

NEARLY THERE

PRIZE!

1,000,000

Employee Fitness Challenge 1,000,000 Steps Challenge, September 1, 2023 - December 31, 2023

TRACK YOUR DAILY STEPS - in order to complete this challenge, you must walk an average of 8,333 steps per day - every day! Good luck.

SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER	
1	_____	1	_____	1	_____	1	_____
2	_____	2	_____	2	_____	2	_____
3	_____	3	_____	3	_____	3	_____
4	_____	4	_____	4	_____	4	_____
5	_____	5	_____	5	_____	5	_____
6	_____	6	_____	6	_____	6	_____
7	_____	7	_____	7	_____	7	_____
8	_____	8	_____	8	_____	8	_____
9	_____	9	_____	9	_____	9	_____
10	_____	10	_____	10	_____	10	_____
11	_____	11	_____	11	_____	11	_____
12	_____	12	_____	12	_____	12	_____
13	_____	13	_____	13	_____	13	_____
14	_____	14	_____	14	_____	14	_____
15	_____	15	_____	15	_____	15	_____
16	_____	16	_____	16	_____	16	_____
17	_____	17	_____	17	_____	17	_____
18	_____	18	_____	18	_____	18	_____
19	_____	19	_____	19	_____	19	_____
20	_____	20	_____	20	_____	20	_____
21	_____	21	_____	21	_____	21	_____
22	_____	22	_____	22	_____	22	_____
23	_____	23	_____	23	_____	23	_____
24	_____	24	_____	24	_____	24	_____
25	_____	25	_____	25	_____	25	_____
26	_____	26	_____	26	_____	26	_____
27	_____	27	_____	27	_____	27	_____
28	_____	28	_____	28	_____	28	_____
29	_____	29	_____	29	_____	29	_____
30	_____	30	_____	30	_____	30	_____
	_____	31	_____		_____	31	_____