

WEEK 5: STEP COUNT CHALLENGE

For Week 5, you have a Step Count Challenge! Use a pedometer or app on a phone to keep track of your steps as many days as you can this week. Every day, try to beat your daily total step count from the day before.

Log your daily step progress as you go through the week.

What was your biggest step day?
How many steps did you take on that day?

Step Counter App recommendations:

- Pedometer app (iphone)
- Google Fit (andriod)
- MyFitnessPal
- Activity Tracker

DAILY STEP COUNT RECCOMENDATIONS

Try to get AT LEAST this many steps a day, but try to do more if you can:

Day 1: 11,000 steps

Day 2: 11,500 steps

Day 3: 12,000 steps

Day 4: 12,500 steps

Day 5: 13,000 steps

Day 6: 13,500 steps

Day 7: 14,000 steps