

Step Challenge

Movement is good for our bodies and one way to monitor how much we are moving each day is to track how many steps we take. An optimal step goal is 8000-10 000 steps per day. Over this challenge we are going to encourage you to work up to that. Start day 1 will 1000 steps, day 2 with 2000 and so on up to 10 000 steps on your final day. Check off each day as you complete your steps to move your piece of the challenge board in the facility.

1000 Steps

2000 Steps

3000 Steps

4000 Steps

5000 Steps

6000 Steps

7000 Steps

8000 Steps

9000 Steps

10 000 Steps

Bring your Step Challenge card to the Fitness Desk by the end of the day on June 23, 2024 for your chance to win a \$25 dollar grocery gift card.

HERE
FOR
YOU

Email:



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