

THE DAILY STEPS

CHALLENGE

Use this calendar to track your daily steps. Aim to walk at least 7,500 to 10,000 steps every day, and take a 30-minute walk at least 5 times a week.

For details go to bit.ly/LSSStepsChallenge

DAY 1

Steps
 Rest

DAY 2

Steps
 Rest

DAY 3

Steps
 Rest

DAY 4

Steps
 Rest

DAY 5

Steps
 Rest

DAY 6

Steps
 Rest

DAY 7

Steps
 Rest

DAY 8

Steps
 Rest

DAY 9

Steps
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DAY 10

Steps
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DAY 11

Steps
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DAY 12

Steps
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DAY 13

Steps
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DAY 14

Steps
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DAY 15

Steps
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DAY 16

Steps
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DAY 17

Steps
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DAY 18

Steps
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DAY 19

Steps
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DAY 20

Steps
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DAY 21

Steps
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DAY 22

Steps
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DAY 23

Steps
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DAY 24

Steps
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DAY 25

Steps
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DAY 26

Steps
 Rest

DAY 27

Steps
 Rest

DAY 28

Steps
 Rest

DAY 29

Steps
 Rest

DAY 30

Steps
 Rest

