Steps Challenge

Instructions

This challenge can be found under the "Tracking and Recognition" section of your toolkit.

The average person walks between 3,000 and 4,000 steps per day. One thousand steps is the equivalent of around 10 minutes of brisk walking. The ultimate goal is 10,000 steps per day. It's your decision on how long to do the challenge, the normal time is anywhere from four to eight weeks.

Participants will need a pedometer or smartphone pedometer app (Moves is an example of a good app) to participate in this challenge. The counters are set to zero at the beginning of the workday and the results are recorded at the end. Encourage participants to take the stairs, walk at lunch and during breaks or walk to a co-workers office instead of calling or emailing. They can walk as many steps as possible within the given time of the challenge!

Share how you and your agency completed the challenge! Email us at WFHT.TN@tn.gov or share it on our Facebook page. We'd love to hear about it!

Steps Challenge

Name _____

Agency/Department_____

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week #1								
Week #2								
Week #3								
Week #4								
Week #5								
Week #6								
Week # 7								
Week #8								