

30 Day Step Count Challenge

1 To the mailbox and back _____	2 15 minutes fave cardio _____	3 Vacuum the entire house _____	4 1 lap around the block _____	5 Normal work commute _____	6 Extra steps work commute _____	7 Grocery shopping _____
8 To the neighbor's house _____	9 30 minutes fave cardio _____	10 Clean the kitchen _____	11 Lunch Break Walk _____	12 1 lap around the office (in) _____	13 Favorite exercise video or class _____	14 1 mall lap _____
15 Walk the dog _____	16 45 minutes fave cardio _____	17 Clean the bathrooms _____	18 After Dinner Walk _____	19 1 lap around the house (in) _____	20 Five minute walk _____	21 Walk an errand you could drive _____
22 Take the stairs instead _____	23 Dance for 10 minutes _____	24 Dust all rooms _____	25 Walk with a friend _____	26 1 lap around the office (out) _____	27 Map 1 mile loop near home. Walk. _____	28 Play at the park with the kids _____
29 Take out the trash _____	30 Dance for 20 minutes _____	Alternative Options 10 minute walk 15 minutes favorite cardio		Record your step count for each activity. When you are done, you will have 30 ways to boost your step count when you need it! If one doesn't apply, use the alternate day!		