

W² Challenge Steps



Be more active this month by tracking your steps. Follow along and try to hit the step goals each week as you move throughout the month!

Disclaimer: This challenge is not suitable for beginners. If you are not conditioned, consider starting at a lower target and working your way up gradually.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Weekly Goal
Steps	Steps	Steps	Steps	Steps	Steps	50,000 Steps
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Weekly Goal
Steps	Steps	Steps	Steps	Steps	Steps	55,000 Steps
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Weekly Goal
Steps	Steps	Steps	Steps	Steps	Steps	60,000 Steps
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Weekly Goal
Steps	Steps	Steps	Steps	Steps	Steps	65,000 Steps
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Weekly Goal
Steps	Steps	Steps	Steps	Steps	Steps	70,000 Steps

Pro Tip:

- If you want to know how many miles you have walked as you complete the challenge, use this simple conversion formula: 1 mile = ~2000 steps
- If you get tired of walking and running, try cycling or rowing as another option - you can still track your distance and count it towards your weekly progress!

Monthly Total

Steps



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