

Step Your Way to 10,000 a Day! Fall 2021

| Week 1: Goal 35,000 steps per week (5,000/day) | | ➡ | Week 2: Goal 42,000 steps per week (6,000/day) | | ➡ | Week 3: Goal 49,000 steps per week (7,000/day) | |
|--|---|---|--|---|---|---|---|
| Monday 10/4 | | | Monday 10/11 | | | Monday 10/18 | |
| Tuesday 10/5 | | | Tuesday 10/12 | | | Tuesday 10/19 | |
| Wednesday 10/6 | | | Wednesday 10/13 | | | Wednesday 10/20 | |
| Thursday 10/7 | | | Thursday 10/14 | | | Thursday 10/21 | |
| Friday 10/8 | | | Friday 10/15 | | | Friday 10/22 | |
| Saturday 10/9 | | | Saturday 10/16 | | | Saturday 10/23 | |
| Sunday 10/10 | | | Sunday 10/17 | | | Sunday 10/24 | |
| Weekly Total: | 0 | | Weekly Total: | 0 | | Weekly Total: | 0 |
| Week 4: Goal 56,000 steps per week (8,000/day) | | ➡ | Week 5: Goal 63,000 steps per week (9,000/day) | | ➡ | Week 6: Goal 70,000 steps per week (10,000/day) | |
| Monday 10/25 | | | Monday 11/1 | | | Monday 11/8 | |
| Tuesday 10/26 | | | Tuesday 11/2 | | | Tuesday 11/9 | |
| Wednesday 10/27 | | | Wednesday 11/3 | | | Wednesday 11/10 | |
| Thursday 10/28 | | | Thursday 11/4 | | | Thursday 11/11 | |
| Friday 10/29 | | | Friday 11/5 | | | Friday 11/12 | |
| Saturday 10/30 | | | Saturday 11/6 | | | Saturday 11/13 | |
| Sunday 10/31 | | | Sunday 11/7 | | | Sunday 11/14 | |
| Weekly Total: | 0 | | Weekly Total: | 0 | | Weekly Total: | 0 |

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|---------------------|----------|
| Grand Total: | 0 |
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| Steps Remaining | 270,000 |
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