

## Step Your Way 2022

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 10/3			Monday 10/10			Monday 10/17	
Tuesday 10/4			Tuesday 10/11			Tuesday 10/18	
Wednesday 10/5			Wednesday 10/12			Wednesday 10/19	
Thursday 10/6			Thursday 10/13			Thursday 10/20	
Friday 10/7			Friday 10/14			Friday 10/21	
Saturday 10/8			Saturday 10/15			Saturday 10/22	
Sunday 10/9			Sunday 10/17			Sunday 10/23	
<b>Weekly Total:</b>			<b>Weekly Total:</b>			<b>Weekly Total:</b>	
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 10/24			Monday 10/31			Monday 11/7	
Tuesday 10/25			Tuesday 11/1			Tuesday 11/8	
Wednesday 10/26			Wednesday 11/2			Wednesday 11/9	
Thursday 10/27			Thursday 11/3			Thursday 11/10	
Friday 10/28			Friday 11/4			Friday 11/11	
Saturday 10/29			Saturday 11/5			Saturday 11/12	
Sunday 10/30			Sunday 11/6			Sunday 11/13	
<b>Weekly Total:</b>			<b>Weekly Total:</b>			<b>Weekly Total:</b>	

<b>Grand Total:</b>	
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