

10000 STEPS A DAY CHALLENGE



 Love Life Be Fit

10,000 Step Challenge

Day 1 3000 steps 35 minutes	Day 2 3500 steps 40 minutes	Day 3 4000 steps 45 minutes	Day 4 4500 steps 50 minutes	Day 5 5000 steps 55 minutes	Day 6 5500 steps 60 minutes	Day 7 3000 steps 30 minutes
1000 slow + 2000 moderate	1000 slow + 2500 moderate	1000 slow + 3000 moderate	1000 slow + 3500 moderate	1000 slow + 4000 moderate	1000 slow + 4500 moderate	3000 moderate
Day 8 5500 steps 55 minutes	Day 9 6000 steps 60 minutes	Day 10 6500 steps 65 minutes	Day 11 7000 steps 70 minutes	Day 12 7500 steps 75 minutes	Day 13 7500 steps 72 minutes	Day 14 3000 steps 30 minutes
5500 moderate	6000 moderate	6500 moderate	7000 moderate	7500 moderate	5500 moderate + 2000 fast	3000 moderate
Day 15 8000 steps 80 minutes	Day 16 8000 steps 77 minutes	Day 17 8500 steps 85 minutes	Day 18 8500 steps 81 minutes	Day 19 9000 steps 90 minutes	Day 20 9000 steps 86 minutes	Day 21 3000 steps 30 minutes
8000 moderate	6000 moderate + 2000 fast	8500 moderate	5500 moderate + 3000 fast	9000 moderate	6000 moderate + 3000 fast	3000 moderate
Day 22 10000 steps 100 minutes	Day 23 10000 steps 100 minutes	Day 24 10000 steps 97 minutes	Day 25 10000 steps 94 minutes	Day 26 10000 steps 100 minutes	Day 27 10000 steps 91 minutes	Day 28 3000 steps 30 minutes
10000 moderate	10000 moderate	8000 moderate + 2000 fast	6000 moderate + 4000 fast	10000 moderate	4000 moderate + 6000 fast	3000 moderate
Day 29 10000 steps 88 minutes	Day 30 10000 steps 88 minutes	NOTE: The times are for guidance only. Slow is a stroll Moderate is a normal walking pace - you can still talk and walk. Fast is a brisk walking pace - you can still talk but you'll be a little out of breath and will be making a sustained effort to keep the pace up!				
2000 moderate + 8000 fast	2000 moderate + 8000 fast					

Day By Day Steps To A New Life

LP Steffe



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