

# 10,000 STEPS A DAY CHALLENGE

10,000 steps a day  
that lead to a fitter life!

This walking plan focuses on your daily walking time and steps taken.

Total step count and duration is cumulative throughout the day, meaning that you can do all of your walking at once, or split the time up throughout the day, whenever it's convenient for you!

walk time

total steps

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	20 minutes	25 minutes	30 minutes	35 minutes	40 minutes	45 minutes	Rest
	2,000	2,500	3,000	3,500	4,000	4,500	
WEEK 2	50 minutes	55 minutes	60 minutes	65 minutes	70 minutes	75 minutes	Rest
	5,000	5,500	6,000	6,500	7,000	7,500	
WEEK 3	75 minutes	75 minutes	80 minutes	80 minutes	85 minutes	85 minutes	Rest
	7,500	7,500	8,000	8,000	8,500	8,500	
WEEK 4	90 minutes	90 minutes	95 minutes	95 minutes	100 minutes	100 minutes	Rest
	9,500	9,500	9,500	9,500	10,000	10,000	