

# THE 10,000 STEPS A DAY CHALLENGE

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. For example, if your daily goal is 60 minutes, you could walk for 25 minutes in the morning, 15 minutes at lunch and 20 minutes after dinner.



**walk time**

**total steps**

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

**Push Yourself!** Get even more from this program by increasing the intensity of at least two of your walks each week. You can do this by walking at a faster pace for the entire walk, incorporating intervals (alternating short bursts of very fast walking, broken up by periods of slower recovery walking) or by walking on an incline—either on the treadmill or a hilly route outside.

**mindful**  
Enjoy Health

*Participation in the physical activities could result in serious bodily injury, other risks or social economic loss. You should consult a physician or other medical professional before beginning this or any other exercise program. If you participate in the physical activity as is set forth on this document, you agree to assume all such risks and responsibilities associated therewith, and agree to release, and discharge Sodexo from any liability, claims, demands, losses or damages arising out the instant activities.*