

# Fit Happens Step Challenge



## Incentives for 100,000 Step Challenge

There will be a grand prize drawing, and weekly prize drawings for participation!

**Grand prize:** Drawing from all who reached 100,000 steps by August 31st.

All submissions should be emailed to your site lead. You will receive a reminder email Monday mornings to turn in your steps.

Contacts:

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**Weekly Goal: 25,000**  
**Monthly Goal: 100,000**

## Step Log

**Week 1: Submit steps via email by noon on Monday, August 12th**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL STEPS

**Week 2: Submit steps via email by noon on Monday, August 19th**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL STEPS

**Week 3: Submit steps via email by noon on Monday, August 26th**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL STEPS

**Week 4: Submit steps via email by noon on Monday, September 2nd**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL STEPS

# Together, let's move more

Feeling less than excited about walking that many steps? Try one of the activities below and convert your minutes of activity to total steps.

Activity	Steps per minute	Activity	Steps per minute
Dance class	109–127	Elliptical	203
Fitness class	181	Fishing	91
Basketball	130–145	Gardening	80
Bicycling	130–180	Grocery shopping	67
Boxing	131	Light housework	72
Circuit training	199	Ice skating	84–122
Cooking	60	Painting	78
Pilates	91	Soccer	145–181
Rowing	147–212	Softball	152
Scuba diving	203	Spinning	200
Skiing	109–114	Stretching	15
Surfing	91	Volleyball	91
Swimming	116–200	Weight lifting	67
Vacuuming	94	Yardwork	89
Yoga	45	Jumping rope	250

## Not sure how to track your steps? Need ideas?

- Use the Health app on your smart phone
- Use Google Fit app on your android
- Use MyFitnessPal app
- Use a pedometer to count your steps. Please contact your site lead for a free pedometer.
- Use your FitBit
- Map My Walk app