## Setting Weekly and Daily Step Goals

**Week 1**
Track daily steps for all 7 days.

**Week 2**
Avg daily step count from Week 1:
- <2,500 steps
- 2,500-5,000 steps
- 5,000-7,500 steps
- >7,500 steps

Aim for:
- 3,000 steps on at least 3 days
- 5,500-8,000 steps on 3 days
- 8,000-10,000 steps on 3 days

**Week 3**
Avg daily step count from Week 2:
- <2,500 steps
- 2,500-5,000 steps
- 5,000-7,500 steps
- >7,500 steps

Aim for:
- 3,000 steps on at least 5 days
- 5,500-8,000 steps on 5 days
- 8,000-10,000 steps on 5 days

**Week 4**
Avg daily step count from Week 3:
- <2,500 steps
- 2,500-5,000 steps
- 5,000-7,500 steps
- >7,500 steps

Aim for:
- 3,500 steps on at least 3 days
- 6,000-8,500 steps on 3 days
- 8,500-10,000 steps on 3 days

**Week 5**
Avg daily step count from Week 4:
- <2,500 steps
- 2,500-5,000 steps
- 5,000-7,500 steps
- >7,500 steps

Aim for:
- 3,500 steps on at least 5 days
- 6,000-8,500 steps on 5 days
- 8,500-10,000 steps on 5 days

**Week 6**
Avg daily step count from Week 5:
- <2,500 steps
- 2,500-5,000 steps
- 5,000-7,500 steps
- >7,500 steps

Aim for:
- 4,000 steps on at least 3 days
- 6,500-9,000 steps on 3 days
- 9,000-10,000 steps on 3 days

Continued on back healthy.iu.edu
## Setting Weekly and Daily Step Goals

<table>
<thead>
<tr>
<th>Week</th>
<th>Avg daily step count from previous week</th>
<th>Aim for:</th>
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</thead>
<tbody>
<tr>
<td><strong>Week 7</strong></td>
<td>&lt;2,500 steps</td>
<td>4,000 steps on at least 5 days</td>
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<tr>
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<td>2,500-5,000 steps</td>
<td>4,000-6,500 steps on 5 days</td>
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<td>5,000-7,500 steps</td>
<td>6,500-9,000 steps on 5 days</td>
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<td>&gt;7,500 steps</td>
<td>9,500-10,000 steps on 5 days</td>
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<td><strong>Week 8</strong></td>
<td>&lt;2,500 steps</td>
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<td>2,500-5,000 steps</td>
<td>4,500-7,000 steps on 3 days</td>
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<td>5,000-7,500 steps</td>
<td>7,000-9,500 steps on 3 days</td>
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<td><strong>Week 9</strong></td>
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<td>5,500-8,000 steps on 5 days</td>
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<td><strong>Week 10</strong></td>
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<td>6,500-9,000 steps on 3 days</td>
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<td>9,000-10,000 steps on 3 days</td>
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<td><strong>Week 11</strong></td>
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<td>9,000-10,000 steps on 3 days</td>
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<tr>
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<td>&gt;7,500 steps</td>
<td>9,500-10,000 steps on 3 days</td>
</tr>
</tbody>
</table>

***When you've completed the challenge, tell us about your experience to receive a Healthy IU incentive!***

Visit [go.iu.edu/summer-challenge](https://go.iu.edu/summer-challenge) for details.