

# Setting Weekly and Daily Step Goals



	Instructions	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	Track daily steps for all 7 days.							
<b>Week 2</b>	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 3,000-5,500 steps on 3 days 5,500-8,000 steps on 3 days 8,000-10,000 steps on 3 days							
<b>Week 3</b>	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 3,000-5,500 steps on 5 days 5,500-8,000 steps on 5 days 8,000-10,000 steps on 5 days							
<b>Week 4</b>	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 3,500-6,000 steps on 3 days 6,000-8,500 steps on 3 days 8,500-10,000 steps on 3 days							
<b>Week 5</b>	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 3,500-6,000 steps on 5 days 6,000-8,500 steps on 5 days 8,500-10,000 steps on 5 days							
<b>Week 6</b>	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 4,000-6,500 steps on 3 days 6,500-9,000 steps on 3 days 9,000-10,000 steps on 3 days							

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LIVE YOUR BEST YOU.

Continued from front

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 7</b>	Avg daily step count from Week 6: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 4,000 steps on at least 5 days 4,000-6,500 steps on 5 days 6,500-9,000 steps on 5 days 9,500-10,000 steps on 5 days						
<b>Week 8</b>	Avg daily step count from Week 7: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 4,500 steps on at least 3 days 4,500-7,000 steps on 3 days 7,000-9,500 steps on 3 days 9,500-10,000 steps on 3 days						
<b>Week 9</b>	Avg daily step count from Week 8: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 5,000 steps on at least 5 days 5,500-8,000 steps on 5 days 8,000-10,000 steps on 5 days 9,500-10,000 steps on 5 days						
<b>Week 10</b>	Avg daily step count from Week 9: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 6,000 steps on at least 3 days 6,500-9,000 steps on 3 days 9,000-10,000 steps on 3 days 9,500-10,000 steps on 3 days						
<b>Week 11</b>	Avg daily step count from Week 10: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 7,000 steps on at least 3 days 7,500-10,000 steps on 3 days 9,000-10,000 steps on 3 days 9,500-10,000 steps on 3 days						
<b>Week 12</b>	Avg daily step count from Week 11: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 7,000 steps on at least 3 days 7,500-10,000 steps on 3 days 9,000-10,000 steps on 3 days 9,500-10,000 steps on 3 days						

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

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