

CLIMB



LIVE YOUR BEST YOU.

# Stair Climbing Challenge

MY CHALLENGE STARTS: \_\_\_\_\_

MY CHALLENGE ENDS: \_\_\_\_\_

**Instructions:** For each day of the challenge, enter the number of flights you climb below.

**Notes:**

- A flight is any series of 12 stairs (they do not have to be consecutive).
- If you are physically unable to take the stairs, or taking the stairs causes pain, 3 minutes of activity count as 1 flight.
- The intention of the challenge is to move more throughout the day.

## WORKWEEK 1

Document flights climbed for Workweek 1 below.

Monday	Tuesday	Wednesday	Thursday	Friday	WEEK 1 TOTAL

## WORKWEEK 2

Document flights climbed for Workweek 2 below.

Monday	Tuesday	Wednesday	Thursday	Friday	WEEK 2 TOTAL

## WORKWEEK 3

Document flights climbed for Workweek 3 below.

Monday	Tuesday	Wednesday	Thursday	Friday	WEEK 3 TOTAL

GRAND TOTAL: \_\_\_\_\_

\*\*\*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.