

CLIMB Stair Climbing Challenge



Climb IU is a 3-week stair climbing challenge. See how many flights you can climb during your workday! For each day of the challenge, enter the number of flights you climb below. At the conclusion of each week, document your weekly total in the red box.



OUR CHALLENGE STARTS: _____

OUR CHALLENGE ENDS: _____

TEAM NAME: _____

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.

TEAM MEMBERS' NAMES	Workday																		Teammate's GRAND TOTAL	
	1	2	3	4	5	Week 1 Total	6	7	8	9	10	Week 2 Total	11	12	13	14	15	Week 3 Total		
Team Leader:																				
Teammate #1:																				
Teammate #2:																				
Teammate #3:																				
Teammate #4:																				
Teammate #5:																				
Teammate #6:																				
Teammate #7:																				
Teammate #8:																				
Teammate #9:																				

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

Visit go.iu.edu/summer-challenge for details.

GRAND TEAM TOTAL: _____