



# 10K Steps Challenge

## Walking Journal

**Step 1:** Select your personal challenge listed on Page 2: Beginner, Intermediate, or Advanced.

**Step 2:** Start Steps Challenge and log your Walking Journal Progress using your personal tracking device.

**Step 3:** Complete challenge and submit photo/scan of your Walking Journal to [nrodriguez@soelmonte.org](mailto:nrodriguez@soelmonte.org)

**Step 4:** You will receive a commemorative prize after reaching your milestone (while supplies lasts)

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	TIME/STEPS	TIME/STEPS	TIME/STEPS	TIME/STEPS	TIME/STEPS	TIME/STEPS	TIME/STEPS
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							



Exercise Tips: Drink water, stretch, obey traffic, wear a pedometer.

Remember the tips for physical distancing outdoors:

Keep 6 feet of space between yourself and others - Go by yourself or with those you live with - Avoid crowded areas

**For more information, please call 626-579-2043.**



# 10K Steps Challenge



## Daily Steps Tracker

	"Off-the-Couch" Beginner	Intermediate (2 - 2.5 miles at one time)	Advanced (4.5 - 5 miles at one time)
DAY 1	2,000 Steps - You can do it all in one session or break it up into four 5-minute walks. Just count 500 steps per session, and you did it!	5,000 steps - You can do it all in one session or break it up into five 10-minute walks. Just count 1000 steps per session, and you did it!	You SUPER walker, you! 10,000 steps
DAY 2	Add 500 steps to make 2,500 steps	Add 500 steps to make 5,500 steps	10,000 steps
DAY 3	Add 500 steps to make 3,000 steps	Add 500 steps to make 6,000 steps	10,000 steps
DAY 4	Add 500 steps to make 3,500 steps	Add 500 steps to make 6,500 steps	10,000 steps
DAY 5	Add 500 steps to make 4,000 steps	Add 500 steps to make 7,000 steps	10,000 steps
DAY 6	Add 500 steps to make 4,500 steps	Add 500 steps to make 7,500 steps	10,000 steps
DAY 7	REST - Rest is part of training the body		
DAY 8	4,500 steps	7,500 steps	10,000 steps
DAY 9	4,500 steps	7,500 steps	10,000 steps
DAY 10	Add 500 steps to make 5,000 steps	Add 500 steps to make 8,000 steps	10,000 steps
DAY 11	5,000 steps	8,000 steps	10,000 steps
DAY 12	5,000 steps	8,000 steps	10,000 steps
DAY 13	Add 500 steps to make 5,500 steps	8,000 steps	10,000 steps
DAY 14	REST - Do you notice that you are "naturally" more active even on rest days? That's what increased fitness does!		Rest - Super Challenge for Week 3: Add strength session; rotate a different zone each day.
DAY 15	5,500 steps	8,000 steps	10,000 steps
DAY 16	Add 500 steps to make 6,000 steps	8,000 steps	10,000 steps
DAY 17	6,000 steps	Add 500 steps to make 8,500 steps	10,000 steps
DAY 18	Add 500 steps to make 6,500 steps	8,500 steps	10,000 steps
DAY 19	6,500 steps	8,500 steps	10,000 steps
DAY 20	Add 500 steps to make 7,000 steps	8,500 steps	10,000 steps
DAY 21	REST - Rest days can also be cross-train days. You'll want to rest the walking muscles but why not target the upper body and core with a little strength session?		
DAY 22	7,000 steps	8,500 steps	10,000 steps
DAY 23	Add 500 steps to make 7,500 steps	Add 500 steps to make 9,000 steps	10,000 steps
DAY 24	Add 500 steps to make 8,000	9,000 steps	10,000 steps
DAY 25	Add 500 steps to make 8,500	9,000 steps	10,000 steps
DAY 26	Add 500 steps to make 9,000 steps	Add 500 steps to make 9.500 steps	10,000 steps
DAY 27	Add 500 steps to make 9,500 steps	Add 500 steps to make 10,000 steps	10,000 steps
DAY 28	REST - Get ready.... Tomorrow you do the 10K (10,000 steps). Don't worry—you are well prepared for it.	REST - You have earned that rest... doesn't it feel A-MA-ZING to go the distance?	
DAY 29	10,000 steps	10,000 steps	10,000 steps
DAY 30	10,000 steps	10,000 steps	10,000 steps