

# 10-Day Step It Up Challenge

Walking your dog, hiking a neighborhood trail or going for a jog are all great forms of everyday exercise. Not only do these activities allow you to spend time outdoors, explore new places, and practice mindfulness, they will also help you get your steps in.

## Instructions:

For this challenge, the goal is to walk an average of at least 10,000 steps a day for 10 days – equaling 100,000 total steps.

This may seem like a large feat; however, you'll find that planned movement throughout the day adds up quickly! As you move more during these next 10 days, look for new and fun ways to get those steps in such as finding a walking buddy, listening to a podcast, or exploring a new walking route.

Use the following step tracker to record your steps each day.

*Please note:* Everyone should consult with their doctor before starting an exercise routine.

Day	1	2	3	4	5	6	7	8	9	10	Total
Steps											

## Access free health coaching

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com).

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