

One Million Step Challenge

You can find more information about daily step goals on our website www.meijanpolku.fi/one-million-step-challenge

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	in total
st week								
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	in total
WEEK 1.								
WEEK 2.								
WEEK 3.								
WEEK 4.								
	Total steps, month 1:							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	in total
WEEK 1.								
WEEK 2.								
WEEK 3.								
WEEK 4.								
	Total steps, month 2:							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	in total
WEEK 1.								
WEEK 2.								
WEEK 3.								
WEEK 4.								
	Total steps, month 3:							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	In total
WEEK 1.								
WEEK 2.								
WEEK 3.								
WEEK 4.								
				То	tal steps, mo	nth 4:		
						Total steps:		_

Total steps:



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If you have health problems, check with your healthcare provider before starting a new exercise challenge.

www.meijanpolku.fi