



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
Test 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.								

Total steps, month 4:

Total steps: