

HEART AND SOLE STEPS CHALLENGE

SEPTEMBER 23-NOVEMBER 10



OPEN TO WELLINGTON RESIDENTS (adults and children)

One step at a time—walk (or run) your way to fitness. Log the number of steps you take per day to complete the Heart and Sole Steps Challenge. Track your steps using a pedometer and manually enter your information on the reverse side. Or use a fitness tracker or app and print out your steps report at the end of the challenge. Submit your log by Wednesday, November 13.

ADULTS (AGES 16+)

Select the overall daily steps goal you want to work toward—8,000; 10,000; 12,000; or 15,000+. You “warm up” the first three weeks of the challenge with smaller goals.

Week 1 Goal: at least 5,000 steps/day
Week 2 Goal: at least 6,000 steps/day
Week 3 Goal: at least 7,000 steps/day
Week 4-6 Goal: your overall daily steps goal

Complete your steps goal at least five days/week for six weeks to be eligible for a prize. Also, all adult challenge finishers are entered to win a Grand Prize.

CHILDREN (AGES 5-15)

Children begin the challenge with a daily goal of 8,000 steps a day and work your way to up 10,000 steps per day.

Week 1 Goal: at least 8,000 steps/day
Week 2 Goal: at least 9,000 steps/day
Week 3-6 Goal: 10,000 steps/day

Achieve your steps goal at least five days/week for six weeks to be eligible for a prize.

TIP: If you use a pedometer, for best results wear it on your right side waistband, lining it up with your kneecap.



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NAME: _____ AGE: _____

EMAIL: _____

DAILY STEP GOAL: 8,000 STEPS 10,000 STEPS 12,000 STEPS 15,000+ STEPS
(STARTING THE FOURTH WEEK OF THE CHALLENGE OR EARLIER IF YOU WISH)

WEEK OF:	STEP GOALS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
	ADULTS	CHILDREN								
	5,000	8,000								
	6,000	9,000								
	7,000	10,000								
		10,000								
		10,000								
		10,000								
									GRAND TOTAL	

STEPS TO MILEAGE CONVERSIONS

NOTE: This chart is for reference only. It is based on an average stride length of 27 inches. Your actual mileage may vary.

STEPS	1,000	5,000	6,000	7,000	8,000	10,000	12,000	15,000
MILES	.43	2.15	2.58	3.01	3.44	4.30	5.16	6.45