

30 Day Steps Challenge

Goal: The goal of this challenge is to achieve a minimum of 50,000 steps per week, with at least 2 days of the week walking 10,000 steps per day

Requirements: Track daily amount of steps for 30 days

Deadline: November 30, 2026

Day	Date	Steps Taken Per Day	Weekly Total (Should equal at least 50,000)
1			
2			
3			
4			
5			
6			
7			Week 1 Total
8			
9			
10			
11			
12			
13			
14			Week 2 Total
15			
16			
17			
18			
19			
20			
21			Week 3 Total
22			
23			
24			
25			
26			
27			
28			Week 4 Total
29			Day 29 Total (10,000)
30			Day 30 Total (10,000)

Participant Name _____ Employee Name _____

Health Incentives: Each individual challenge completed by a covered employee or covered spouse earns \$25 per challenge into the employee's HSA/FSA. Note: an employee can only submit a max of 4 different challenges completed by the employee and/or covered spouse per calendar year, receiving a maximum health incentive challenge benefit total of \$100. An individual cannot submit a duplicate challenge. Completed forms to be submitted to Auditor's Office by November 30 deadline.