

30 Day Step Challenge—Deadline November 30, 2022

Goal: The goal of this challenge is to achieve a minimum of 50,000 steps per week. Requirements: Each day you will track the amount of steps you take. Incentive: Each Challenge you complete (maximum of 4) will earn you \$25 per challenge into your HSA/FSA.

Day	Date	Steps Taken	<u>TOTAL FOR THE WEEK</u>	
			(Needs to be at least 50,000 steps per week & last two days 10,000 steps per day)	
1				
2				
3				
4				
5				
6				
<u>7</u>			_____	<u>TOTAL WEEK</u> <u>#1</u>
8				
9				
10				
11				
12				
13				
<u>14</u>			_____	<u>TOTAL WEEK</u> <u>#2</u>
15				
16				
17				
18				
19				
20				
<u>21</u>			_____	<u>TOTAL WEEK</u> <u>#3</u>
22				
23				
24				
25				
26				
27				
<u>28</u>			_____	<u>TOTAL WEEK</u> <u>#4</u>
29			_____	Day 29 (10,000)
30			_____	Day 30 10,000)

Participant Name: _____

Employee Name: _____

Start Date: _____

End Date: _____