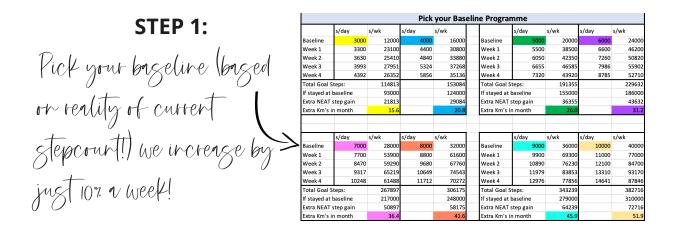
#### THE GREAT WW 31 DAY WALKING CHALLENGE



WW WALKING CHALLENGE - JULY 2021				
	target steps	actual steps	difference	Want to do an extra half-marathon
Thur 1st July				distance? That the 4000 step
Fri 2nd July				
Sat 3rd July				(BLUE) programme. A full
Sun 4th July				marathon? Thats the 8000 step
Baseline Week TOTAL Steps*				
Mon 5th July				(ORANGE) programme Go for it!
Tue 6th July				
Wed 7th July				
Thur 8th July				
Fri 9th July				
Sat 10th July				
Sun 11th July			1	
Week 1 TOTAL Steps				STEP 2:
Mon 12th July			1	
Tue 13th July				T $1$ $1$ $T$ $1$
Wed 14th July				In column one add the goal
Thur 15th July				
Fri 16th July				
Sat 17th July				steps for each day from
Sun 18th July				
Week 2 TOTAL Steps				the interaction in a construction of the
Mon 19th July				The programme you have
Tue 20th July				
Wed 21st July				slected above, for each of
Thur 22nd July				2 million near of the contract
Fri 23rd July				
Sat 24th July				the weeks. Then simply
Sun 25th July				
Week 3 TOTAL Steps				$1$ $\pm 1 \pm$
Mon 26th July				mark in your actual steps
Tue 27th July				
Wed 28th July				
Thur 29th July				each day in column 2, and
Fri 30th July				
Sat 31st July				+ $+$ $+$ $+$
Week 4 TOTAL Steps				stay or track!
TOTAL STEPS FOR MONTH				

#### THE GREAT WW 31 DAY WALKING CHALLENGE

WW WALKING CHALLENGE - JULY 2021				
	target steps	actual steps	difference	
Thur 1st July				
Fri 2nd July				
Sat 3rd July				
Sun 4th July				
Baseline Week TOTAL Steps*				
Mon 5th July				
Tue 6th July				
Wed 7th July				
Thur 8th July				
Fri 9th July				
Sat 10th July				
Sun 11th July				
Week 1 TOTAL Steps				
Mon 12th July				
Tue 13th July				
Ved 14th July				
Thur 15th July				
Fri 16th July				
Sat 17th July				
Sun 18th July				
Week 2 TOTAL Steps				
Mon 19th July				
Tue 20th July				
Wed 21st July				
Thur 22nd July				
Fri 23rd July				
Sat 24th July				
Sun 25th July				
Week 3 TOTAL Steps				
Mon 26th July				
Tue 27th July				
Wed 28th July				
Thur 29th July				
Fri 30th July				
Sat 31st July				
Week 4 TOTAL Steps				
TOTAL STEPS FOR MONTH				

Use this to keep on track so you make each weekly target of 10% over thre previous week's baseline. If you are below one day no problem, just bring that total home for the week!



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## THE GREAT WW 31 DAY WALKING CHALLENGE

	Pick your Baseline Programme										
	s/day	s/wk	s/day	s/wk			s/day	s/wk	s/day	s/wk	
Baseline	3000	12000	4000	16000		Baseline	5000	20000	6000	24000	
Week 1	3300	23100	4400	30800		Week 1	5500	38500	6600	46200	
Week 2	3630	25410	4840	33880		Week 2	6050	42350	7260	50820	
Week 3	3993	27951	5324	37268		Week 3	6655	46585	7986	55902	
Week 4	4392	26352	5856	35136		Week 4	7320	43920	8785	52710	
Total Goal Steps:		114813		153084		Total Goal Steps:		191355		229632	
If stayed at baseline		93000		124000		If stayed at baseline		155000		186000	
Extra NEAT step gain		21813		29084		Extra NEAT step gain		36355		43632	
Extra Km's in month		15.6		20.8		Extra Km's in month		26.0		31.2	
	s/day	s/wk	s/day	s/wk			s/day	s/wk	s/day	s/wk	
Baseline	7000	28000	8000	32000		Baseline	9000	36000	10000	40000	
Week 1	7700	53900	8800	61600		Week 1	9900	69300	11000	77000	
Week 2	8470	59290	9680	67760		Week 2	10890	76230	12100	84700	
Week 3	9317	65219	10649	74543		Week 3	11979	83853	13310	93170	
Week 4	10248	61488	11712	70272		Week 4	12976	77856	14641	87846	
Total Goal Steps:		267897		306175		Total Goal Steps:		343239		382716	
If stayed at baseline		217000		248000		If stayed at baseline		279000		310000	
Extra NEAT step gain		50897		58175		Extra NEAT step gain		64239		72716	
Extra Km's in month		36.4		41.6		Extra Km's in month		45.9		51.9	

WE INCREASE BY JUST 10% EACH WEEK, ON THE PREVIOUS WEEKS BASELINE - FOR AN EASY, CONTROLLED INCREASE IN NEAT.

### IT ALL ADDS UP! PICK YOUR LEVEL, START AND BE CONSISTENT!

WE HAVE USED 1400 STEPS TO A KM FOR THESE CALCULATIONS.

# AN EXTRA HALF-MARATHON OF STEPS IN A MONTH? EASY. REPEAT THIS OVER A YEAR AND YOU WILL HAVE WALKED OVER 230KMS EXTRA IN A YEAR! ALL WITH VERY LITTLE ADDITIONAL EFFORT, JUST MUCH MORE FOCUS!

