THE GREAT WW 31 DAY WALKING CHALLENGE

STEP 1:

Pick your baseline (based on reality of current stepcount!) we increase by just 10% a week!

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

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			
Wed 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			

Want to do an extra half-marathon distance? That the 4000 step (BLUE) programme. A full marathon? Thats the 8000 step (ORANGE) programme.. Go for it!

STEP 2:

In column one add the goal steps for each day from the programme you have slected above, for each of the weeks. then simply mark in your actual steps each day in column 2, and stay on track!

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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 the previous week's baseline. If you are below one day no problem, just bring that total home for the week!

YOU'VE GOT THIS!

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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!

YOU'VE GOT THIS!