

Wellbeing inspr thatz  
**practical, not preachy**

love. Louise x

[www.louisethompson.com](http://www.louisethompson.com)



WELLBEING WARRIORS

**life  
coaching  
academy**

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## ~ Step It Up ~ Worksheet 1 - November 2024

### SECTION 1: WHERE AM I NOW?

Current Average Steps Per Day \*

August \_\_\_\_\_

September \_\_\_\_\_

October \_\_\_\_\_

Average of these is (A) \_\_\_\_\_ this is my current daily steps

Extra you want to challenge yourself to add (B) \_\_\_\_\_

(+2750 steps = 1 million extra steps in a year!)

So total steps target per day would then be (A + B = ) \_\_\_\_\_(C)

*\*Use your fitbit or smart watch or if you don't have one (I don't ☺) simply check your phone under the "health" app (or google for your make and model of how your phone is tracking this info on you)*

## SECTION 2: ONE MONTH AND ONE YEAR GOALS

Goal November: my personal steps goal for November 2024 is

(C) \_\_\_\_\_ x 30 = \_\_\_\_\_. WOOP!

Goal for 2025: this might be a number that just feels GOOD as an average daily step count:

\_\_\_\_\_ x 365 = \_\_\_\_\_ my step goal for 2025. WOOP!

Or...a Virtual Location Step challenge!

Have a look on [www.bigteamchallenge.com](http://www.bigteamchallenge.com) and find a LOCATION and DISTANCE challenge that gets you excited!

Here are a few:

Location	Kms	Mikes	Steps	Av/steps/Day
London to Brussels	373	232	544 107	1491
European Peace Walk	572	356	835 468	2289
London to Paris	610	379	889 498	2437
USA North to South	1843	1145	2 68 7403	7363
Great Wall of China	2403	1494	3 505 121	9603

Best link to look at options for your most energising goal:

<https://www.bigteamchallenge.com/resources/walking-challenge-routes>

Okay: so

\_\_\_\_\_ is my step goal for 2025! WOOP!

## SECTION 3: IN ADVANCE EXCUSE BUSTING

a. **MINIMUM BASELINE:** The above is your target **AVERAGE** number of steps, and some days you will do **WAY MORE**...however some days you will be maybe flying or looking after a sick kid or your routine disrupted in some way (life is life we might as well plan for it!). On these days you won't make your target number of steps, but, you can make your **MINIMUM BASELINE**.

This is your absolute rock bottom even on the absolute worst day when life has just gone up the wazoo...what's the base minimum steps you will take. 2000? 1500? What's your fall-back position, your no matter what Minimum Baseline you can do even on your absolute worst day:

MY MINIMUM BASELINE STEPS IS: \_\_\_\_\_

b. **TIME:** time is the greatest thing that will trip us up. If we are going to be doing another (say) 2500 steps a day this month that's going to take say 25 minutes **WHEN** will I carve out those 25 minutes?

Do your time planning here in advance:

\_\_\_\_\_

Need info on how long steps take? Useful chart here:

<https://www.gundersenhealth.org/health-wellness/move/physical-activity/minutes-in-motion/pedometer-conversion-chart>

## SECTION 4: SETTING UP FOR SUCCESS

What gets measured is what gets done, and what gets improved!

I will be measuring my steps on (how) \_\_\_\_\_

I have a good pair of trainers \_\_\_\_\_

I have a waterproof jacket \_\_\_\_\_

I have earphones \_\_\_\_\_

Is there something else I require? \_\_\_\_\_

I am READY! I am committed / excited / \_\_\_\_\_

*Well done on getting prepared for your personalised  
Monthly and Annual Step It Up challenge! Now...get your trainers on!*