



EFR EMPLOYEE & FAMILY RESOURCES

# Step it Up

Walking is one of the best low-impact, moderate intensity exercise options that poses few risks and many benefits for most adults. The CDC recommends that most adults aim for 10,000 steps per day, which is equivalent to about 150 to 300 minutes of moderate-intensity physical activity per week.

During the **Step It Up** challenge, your goal is to gradually increase your step count every week. You will start with a goal of 5,000 steps and work your way up to achieving 10,000 steps per day. Use the tracker below to track your step count against the daily goal.

## Week One 5,000 Steps



## Week Two 6,000 Steps



Don't have an activity watch or pedometer? No problem!  
**Download the Pacer app and turn your phone into a step tracker – it's free!**



**Week Three**  
*7,000 Steps*



**Week Four**  
*8,000 Steps*



**Week Five**  
*9,000 Steps*



**Week Six**  
*10,000 Steps*

