

Walk Coast to Coast

Day	# of Steps Month 1	# of Steps Month 2
1		
2		
3		
4		
5		
6		
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29		
30		

*Average #of Steps for 1 week before challenge:

*To get the average number of steps per day, keep track of your daily steps for one week and divide that number by 7. For example: weekly steps equal 28,000/ divide by 7 = 4,000 steps a day. Then your goal is to get 7, 000 steps a day.