

Sept. 8 - Oct. 17, 2025

NAME: \_\_\_\_\_



Follow the walking plan below during your work week.  
Cross off the days as you complete them.

<b>Mon, Sept. 8</b> 10-minute easy walk + 5-minute brisk walk (15 minutes total)	<b>Tue, Sept. 9</b> 10-minute easy walk	<b>Wed, Sept. 10</b> 10-minute easy walk + 5-minute brisk walk (15 minutes total)	<b>Thu, Sept. 11</b> 15-minute easy walk	<b>Fri, Sept. 12</b> 5-minute easy walk + 10-minute brisk walk (15 minutes total)
<b>Mon, Sept. 15</b> 15-minute easy walk + 30 stair steps	<b>Tue, Sept. 16</b> 15-minute brisk walk	<b>Wed, Sept. 17</b> 10-minute easy walk + 45 stair steps	<b>Thu, Sept. 18</b> 10-minute easy walk + 10-minute brisk walk (20 minutes total)	<b>Fri, Sept. 19</b> 15-minute easy walk + 45 stair steps
<b>Mon, Sept. 22</b> Two 10-minute easy walks (20 minutes total) + 45 stair steps	<b>Tue, Sept. 23</b> Two 10-minute easy walks (20 minutes total)	<b>Wed, Sept. 24</b> 15-minute easy walk + 60 stair steps	<b>Thu, Sept. 25</b> 15-minute easy walk + 10-minute brisk walk (25 minutes total)	<b>Fri, Sept. 26</b> 15-minute easy walk + 5-minute brisk walk (20 minutes total) + 60 stair steps
<b>Mon, Sept. 29</b> 15-minute easy walk + 10-minute brisk walk (25 minutes total) + 60 stair steps	<b>Tue, Sept. 30</b> 25-minute easy walk	<b>Wed, Oct. 1</b> 20-minute easy walk + 75 stair steps	<b>Thu, Oct. 2</b> Two 15-minute easy walks (30 minutes total)	<b>Fri, Oct. 3</b> 25-minute easy walk + 75 stair steps
<b>Mon, Oct. 6</b> 10-minute easy walk + 10-minute brisk walk (20 minutes total) + 75 stair steps	<b>Tue, Oct. 7</b> 20-minute easy walk + 10-minute brisk walk (30 minutes total)	<b>Wed, Oct. 8</b> 20-minute easy walk + 90 stair steps	<b>Thu, Oct. 9</b> Two 20-minute easy walks (40 minutes total)	<b>Fri, Oct. 10</b> 25-minute easy walk + 90 stair steps
<b>Mon, Oct. 13</b> 15-minute easy walk + 15-minute brisk walk (30 minutes total) + 90 stair steps	<b>Tue, Oct. 14</b> 10-minute easy walk + 20-minute brisk walk (30 minutes total)	<b>Wed, Oct. 15</b> 30-minute easy walk + 100 stair steps	<b>Thu, Oct. 16</b> Two 30-minute easy walks (60 minutes total)	<b>Fri, Oct. 31</b> 30-minute easy walk + 100 stair steps

#### Guidelines

Easy walk = casual stroll; brisk walk = moderate pace;  
15 stair steps = 1 flight of stairs; 10-minute walk = about 1100 steps;  
15-minute walk = about 2000 steps; 20-minute walk = about 2,200 steps;  
30-minute walk = about 3,000 steps; 40-minute walk = about 3,500 steps

#### Tips for Success

- Try splitting your time. For example, try two shorter walks to meet a 15-minute goal when starting out.

**Turn in your completed sheet  
by Oct. 31 to the Center for  
Healthy Living to be entered  
into a prize raffle.**

**Stay tuned for our next  
THRIVE challenge!**