



# Olympic Step Challenge



## Challenge Details:

- Program dates: July 22–August 18
- Track your steps for 7 days a week for 4 weeks to see where you fall.
- Submit your challenge packet by Friday, August 23  
⇒Email: [chris\\_buzzelli@trihealth.com](mailto:chris_buzzelli@trihealth.com)
- Use the chart to see what place you will finish!

Winning Category Ranges (Average steps per day)	What Place Will You Finish?
12,800 or more	Gold
10,000-12,799	Silver
8,000-9,999	Bronze

- Don't have a fitness tracking device? Download a free Step Tracker App in your app store (be sure to keep your phone in your pocket if using the Step Tracker App).

Name: \_\_\_\_\_ Team Name: \_\_\_\_\_

Email: \_\_\_\_\_



Name: \_\_\_\_\_



July 22– July 28	Steps Total	Accumulative Daily Average
<i>Example</i>	<i>10,089</i>	<i>Total number of steps each week divided by daily total</i> <i>(Ex. 70,000 steps/ 7 days = 10,000 a day)</i>
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

July 29–August 4	Steps Total	Accumulative Daily Average
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Name: \_\_\_\_\_ Store: \_\_\_\_\_



August 5–August 11	Steps	Accumulative Daily Average
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

August 12–Aug 18	Steps	Accumulative Daily Average
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

**Average Number of Total Steps:** \_\_\_\_\_ (Total number of steps during challenge \ 28 days)