

walkalabout



30-DAY CHALLENGE

@ darebee.com

split total reps
into manageable sets

1	5,000 steps	2	5,500 steps	3	6,000 steps	4	5,000 steps	5	6,500 steps
6	7,000 steps	7	7,500 steps	8	5,000 steps	9	8,000 steps	10	8,500 steps
11	9,000 steps	12	5,000 steps	13	9,500 steps	14	10,000 steps	15	10,500 steps
16	5,000 steps	17	11,000 steps	18	11,500 steps	19	12,000 steps	20	5,000 steps
21	12,500 steps	22	13,000 steps	23	13,500 steps	24	5,000 steps	25	14,000 steps
26	14,500 steps	27	15,000 steps	28	5,000 steps	29	15,500 steps	30	16,000 steps