

10K Steps A Day 30-Day Challenge

From the 30-Day Challenge Series & Eat. Drink & be Skinny!

Part 1: Color these in as you go – see how close you’re getting to your ultimate goal of 300K Steps this month!

1	10	20	30	40	50	60	70	80	90	100
101	110	120	130	140	150	160	170	180	190	200
201	210	220	230	240	250	60	70	80	90	100

Part 2: Use this calendar to plan and track your total mileage and success this month!

Day 1 ___ Plan: _____ Actual: _____	Day 2 ___ Plan: _____ Actual: _____	Day 3 ___ Plan: _____ Actual: _____	Day 4 ___ Plan: _____ Actual: _____	Day 5 ___ Plan: _____ Actual: _____	Day 6 ___ Plan: _____ Actual: _____	Day 7 ___ Plan: _____ Actual: _____	Total Weekly Steps ___ Notes:
Day 8 ___ Plan: _____ Actual: _____	Day 9 ___ Plan: _____ Actual: _____	Day 10 ___ Plan: _____ Actual: _____	Day 11 ___ Plan: _____ Actual: _____	Day 12 ___ Plan: _____ Actual: _____	Day 13 ___ Plan: _____ Actual: _____	Day 14 ___ Plan: _____ Actual: _____	Total Weekly Steps ___ Notes:
Day 15 ___ Plan: _____ Actual: _____	Day 16 ___ Plan: _____ Actual: _____	Day 17 ___ Plan: _____ Actual: _____	Day 18 ___ Plan: _____ Actual: _____	Day 19 ___ Plan: _____ Actual: _____	Day 20 ___ Plan: _____ Actual: _____	Day 21 ___ Plan: _____ Actual: _____	Total Weekly Steps ___ Notes:
Day 22 ___ Plan: _____ Actual: _____	Day 23 ___ Plan: _____ Actual: _____	Day 24 ___ Plan: _____ Actual: _____	Day 25 ___ Plan: _____ Actual: _____	Day 26 ___ Plan: _____ Actual: _____	Day 27 ___ Plan: _____ Actual: _____	Day 28 ___ Plan: _____ Actual: _____	Total Weekly Steps ___ Notes:
Day 29 ___ Plan: _____ Actual: _____	Day 30 ___ Plan: _____ Actual: _____	Total Month Steps _____	Beginning Measurements Bust:___ Waist:___ Abs:___ Thighs:___	Ending Measurements Bust:___ Waist:___ Abs:___ Thighs:___	Notes:		

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