

The 10 000 Step Challenge (SORT OF)

Choose a daily goal of between 7500 to 10 000 steps and try to reach that goal for a week. Think of it more as a try to average that many steps per day over the week. Some days you might be under, but make up for it on other days.

7500 steps is approx. 5.72km a day x 7 = 52 500 steps or 40.04 km per week

8000 steps is approx. 6.1km a day x 7 = 56 000 steps or 42.7 km per week

8500 steps is approx. 6.48km a day x 7 = 59 500 steps or 45.36 km per week

9000 steps is approx. 6.86km a day x 7 = 63 000 steps or 48.02 km per week

9500 steps is approx. 7.24km a day x 7 = 66 500 steps or 50.68 km per week

10 000 steps is approx. 7.62km a day x 7 = 70 000 steps or 53.34 km per week

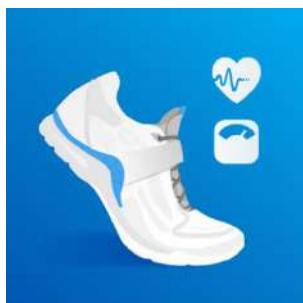
Some ways to track your steps/KMs:

[How to turn your iPhone into a pedometer](#)

[How to use Samsung Health App](#)

These free apps for Apple or Android

(just search for their names):



Pacer Pedometer



StepsApp Pedometer