

Couch to 12000 steps



Walk at least this many steps each day. Check off as you go!

Day 1

4000 steps

Day 2

4300 steps

Day 3

4500 steps

Day 4

4500 steps

Day 5

5000 steps

Day 6

5000 steps

Day 7

5500 steps

Day 8

5700 steps

Day 9

6000 steps

Day 10

6000 steps

Day 11

6500 steps

Day 12

6500 steps

Day 13

7000 steps

Day 14

7000 steps

Day 15

7500 steps

Day 16

7500 steps

Day 17

8000 steps

Day 18

8000 steps

Day 19

8500 steps

Day 20

8500 steps

Day 21

9000 steps

Day 22

9000 steps

Day 23

9500 steps

Day 24

9500 steps

Day 25

10,000 steps

Day 26

10,000 steps

Day 27

10,500 steps

Day 28

10,500 steps

Day 29

11,000 steps

Day 30

12,000 steps