

# 30-Day 10K Steps Challenge

Build from 2,000 to 10,000 steps — one day at a time!

[thedistancejournal.com](http://thedistancejournal.com)

Rest Day		Active Day					
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7 — REST	
2,000 steps ~20 min walk	2,500 steps ~25 min walk	3,000 steps ~30 min walk	3,500 steps ~35 min walk	4,000 steps ~40 min walk	5,000 steps ~50 min walk	2,000 steps ~20 min walk	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14 — REST	
5,500 steps ~55 min walk	6,000 steps ~60 min walk	6,500 steps ~65 min walk	7,000 steps ~70 min walk	7,500 steps ~75 min walk	8,000 steps ~80 min walk	2,000 steps ~20 min walk	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21 — REST	
8,000 steps ~80 min walk	8,500 steps ~85 min walk	8,500 steps ~85 min walk	9,000 steps ~90 min walk	9,000 steps ~90 min walk	9,500 steps ~95 min walk	2,000 steps ~20 min walk	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28 — REST	
9,500 steps ~95 min walk	10,000 steps ~100 min walk	10,000 steps ~100 min walk	10,000 steps ~100 min walk	10,000 steps ~100 min walk	10,000 steps ~100 min walk	2,000 steps ~20 min walk	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
DAY 29	DAY 30	<div style="border: 2px solid yellow; border-radius: 50%; padding: 20px; text-align: center; margin: 20px auto; width: 80%;"> <p><b>Walk times are estimates based on a moderate pace (~100 steps/min). Adjust to your own pace!</b></p> </div>					
10,000 steps ~100 min walk	10,000 steps ~100 min walk						
<input type="checkbox"/>	<input type="checkbox"/>						

### Tips to Hit Your Steps Each Day:

- Park farther away from entrances
- Take a 10-min walk after each meal
- Use the stairs instead of the elevator
- Walk while on phone calls
- Set hourly movement reminders on your phone
- Walk your dog — or a neighbor's!