



30 Day Moving Challenge Your Journal

30 Day Moving Challenge LEVEL 1 - Daily STEPS Goals

Day	Week 1	Week 2	Week 3	Week 4	Week 5
Saturday	M - 1500 W - 3000 [30 Min Walk] Day 1	M - 1800 W - 4000 [40 Min Walk] Day 8	M - 2100 W - 4500 [45 Min Walk] Day 15	M - 2400 W - 5000 [50 Min Walk] Day 22	M - 3000 W - 6000 [60 Min Walk] Day 29
Sunday	M - 1500 W - 3000 [30 Min Walk] Day 2	M - 1800 W - 4000 [40 Min Walk] Day 9	M - 2100 W - 4500 [45 Min Walk] Day 16	M - 2400 W - 5500 [55 Min Walk] Day 23	M - 3000 W - 6000 [60 Min Walk] Day 30
Monday	M - 1600 ----- Day 3	M - 1900 ----- Day 10	M - 2200 ----- Day 17	M - 2500 ----- Day 24	
Tuesday	M - 1600 W - 1600 [15 Min Walk] ----- Day 4	M - 1900 W - 2000 [20 Min Walk] ----- Day 11	M - 2200 W - 3000 [30 Min Walk] ----- Day 18	M - 2600 W - 3500 [35 Min Walk] ----- Day 25	M - Move
Wednesday	M - 1700 ----- Day 5	M - 2000 ----- Day 12	M - 2300 ----- Day 19	M - 2700 ----- Day 26	
Thursday	M - 1700 W - 1600 [15 Min Walk] ----- Day 6	M - 2000 W - 2000 [20 Min Walk] ----- Day 13	M - 2300 W - 3000 [30 Min Walk] ----- Day 20	M - 2800 W - 4000 [40 Min Walk] ----- Day 27	W - Walk
Friday	M - 1800 ----- Day 7	M - 2100 ----- Day 14	M - 2400 ----- Day 21	M - 2900 ----- Day 28	
Total Steps.	20400	25500	30600	36300	
Average Steps	2914	3643	4371	5188	
Hours Walking	1.5	2	2.5	3	

FREE Pilot Study 2021

“Move More, Sit Less, More Often”

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Introduction

Welcome to the Forever Young Club FREE Pilot Study - **30 Day Moving Challenge**.

Congratulations on making this investment of your time and energy in developing an active, healthy, sustainable lifestyle. You've made a great decision and we are very confident you'll make significant progress on your Forever Young Journey, by completing our **30 Day Moving Challenge**.

Your Journal

- We'll discuss the primary objectives of the challenge and there is also a secondary optional objective available.
- We'll explain why we chose a 30 Day Moving Challenge and just why moving is so important.
- You'll find 10 ways you can increase your daily moving and guidance on how to increase your walking safely and effectively.
- There are three challenge levels to choose from and a comprehensive plan for each level set out in the appendices.
- Finally there is a Q&A sections which answers your most popular questions.

This journal is designed to help you get the most out of your challenge so we hope you'll use it. If our dates don't suit you, don't worry, because you can start in your own time and at days and times that work for you.

Primary Objectives of Challenge

This challenge focuses on one of our 5 core topics of physical activity which includes both walking and moving during the day. Your primary objective will be to achieve your target steps from walking and moving during the challenge as follows:

1. **Move During the Day:** You'll develop a "moving mindset" by gradually and progressively increasing your daily moving steps over the course of the challenge.
2. **Walk During the Week:** You'll also gradually and progressively increase the amount and probably the pace of your walking.

Optional Secondary Objective

While physical activity will be our primary focus, you can include a secondary objective in what is after all your personal 30 Day Moving Challenge. This secondary objective might focus on nutrition, sleep, time or technology management, weight loss, etc.

Nutrition Actions: Here's 7 Ideas to consider:

- Eat as much fresh whole food as you can!
- Minimise processed food!
- Read labels and know what you put into your body!
- Reduce amount of sugar you eat and drink!
- Think hydration and drink plenty of water!
- Add herbs such as turmeric, ginger, black pepper to your meals!
- Try intermittent fasting from time to time!

We'll discuss these and other secondary objectives in our podcasts and Q&A's.

The Importance of Moving

While the 30 Day Moving Challenge is not difficult, it requires effort and perseverance. Thirty days may seem like a major commitment and it is, but it's important if you want to give yourself enough time to make behavioural changes which result in significant improvements in your physical activity and health.

Moreover, it'll be worth the effort, because by the end of the Challenge, you'll notice significant improvements in your daily activity. You'll establish the habit of moving, in addition to regular exercise, in your life and your confidence will soar because you've set yourself up for ongoing success.

When you achieve your goals, which you will, if you take on our challenge and follow the guidelines in this journal, I hope you'll want to continue your Forever Young Journey to develop an active, healthy, sustainable lifestyle, so you can achieve your goals and dreams.

1. Why The “30 Day Moving Challenge”?

We've called this challenge the “**30 Day Moving Challenge**” because moving during the day is so important. While some of us don't exercise enough, most of us don't move enough and the primary objective of the challenge is to change that, in a sustainable way, for all participants.

Our culture of convenience over many decades has had an adverse effect on the amount of moving we do. There are so many examples of this from the ATV's used by farmers to the buggy used by golfers. 2020 has seen an uptick in cycling but a corresponding growth in the electric bike market and this market is expected to grow significantly in future years.



There's compelling evidence that moving more during the day makes sense. Compared with people who spend less time sitting, those who sat for prolonged periods had higher rates of heart disease and are more likely to die sooner regardless of cause, even when they exercised regularly.

This was confirmed in a 2015 review article by the Annals of Internal Medicine that pooled data from 47 studies that looked at people's active time, including everything from leisure activities to vigorous exercise.

"Even if you exercise for an hour a day, you're still at higher risk for heart disease if you're sitting for eight hours every day,"

2. Common Sense Test

If you apply the common sense test and think about this for a few minutes, it also makes intuitive sense. Let's say you walk one hour a day, seven days a week, which by the way would be excellent.



Now assuming you sleep for eight hours, which would also be excellent, that means you're active for one hour out of sixteen.

What you do during those remaining fifteen hours is also very important and the more you move, during this time, is clearly better. That's why developing a "moving mindset" is so important.

Actions To Increase Your Daily Moving

Moving has to be realistic. Each day is different and depends on events and activities, whether it's a working day, the weekend, a holiday, etc. There are many things you can do to increase your daily moving. This is especially important with so many people working from home.

Our catch phrase below serves as a very useful reminder to get up and move.



While we describe 10 actions you could take, we recommend you choose the two or three things you can easily do today. They will likely be different for everyone.

1. Choose 2 or 3 Actions Today

- 1. Move 5 Minutes Every Hour:** As a general rule, try to move for 5 minutes every hour when you're working and playing. This is harder than it seems so you'll have to figure out what works best for you. Using a timer or alarm to remind you, can help.
- 2. Drink Plenty of Water:** This is really good for you anyway and of course it forces you to get up and go to the bathroom often.
- 3. Take the Stairs:** You have to have access to stairs but if you do they are a great form of exercise. When you're outside, try to take the stairs anywhere there is a lift, in the office, hotels, hospitals, car parks, shopping centres, etc
- 4. On the Phone:** Many of us spend a lot of time on phone. So kill two birds with one stone and stand up and walk around while you are on the phone.
- 5. Car Parking:** Many of us look for a parking space as close to the shops, church, hospital, pharmacy, convenience store, shopping centre, as possible. So try to park your car as far away from your destination as practical.
- 6. Walk and Talk:** This became very popular in 2020 for all the wrong reasons. So now that you are probably in the habit of doing this, make sure you continue to seek out opportunities to "walk and talk"!
- 7. Coffee Time:** Before 2020, having a tea or coffee usually meant sitting in a cafe or at the desk. So now that you are probably in the habit of getting one to go, try and keep this up and walk while drinking your tea or coffee.

8. Public Transport: If you take a bus, tram or train consider walking to the next stop or station or get off a stop or station early. You might even save a few euros, dollars or pounds.

9. Watching TV: We all do it and speaking personally I love watching a movie or sport on television. So don't stop, but try to get up during the ads when watching television.

10. At Home: There are so many simple things you do every day that you can use to increase your moving including when you're washing your teeth, cooking, waiting for the kettle to boil, etc.

2. Actions To Increase Your Walking Effectiveness

You should spend your first 5 to 10 minutes of your walking time, warming up. Then, when you're ready, gradually increase your walking pace and try to get into a steady rhythm. You should feel you are working reasonably hard, but you should be comfortable throughout!



If you go too fast and get out of breath, don't worry, because this is a good sign that you are working hard, but perhaps, just a little too hard at this early stage. Slow down until you're comfortable and then pick the pace up again. This is a great way for you to increase your fitness and endurance. Just as you warmed up, you should also cool down for the last 5 to 10 minutes of your walking.

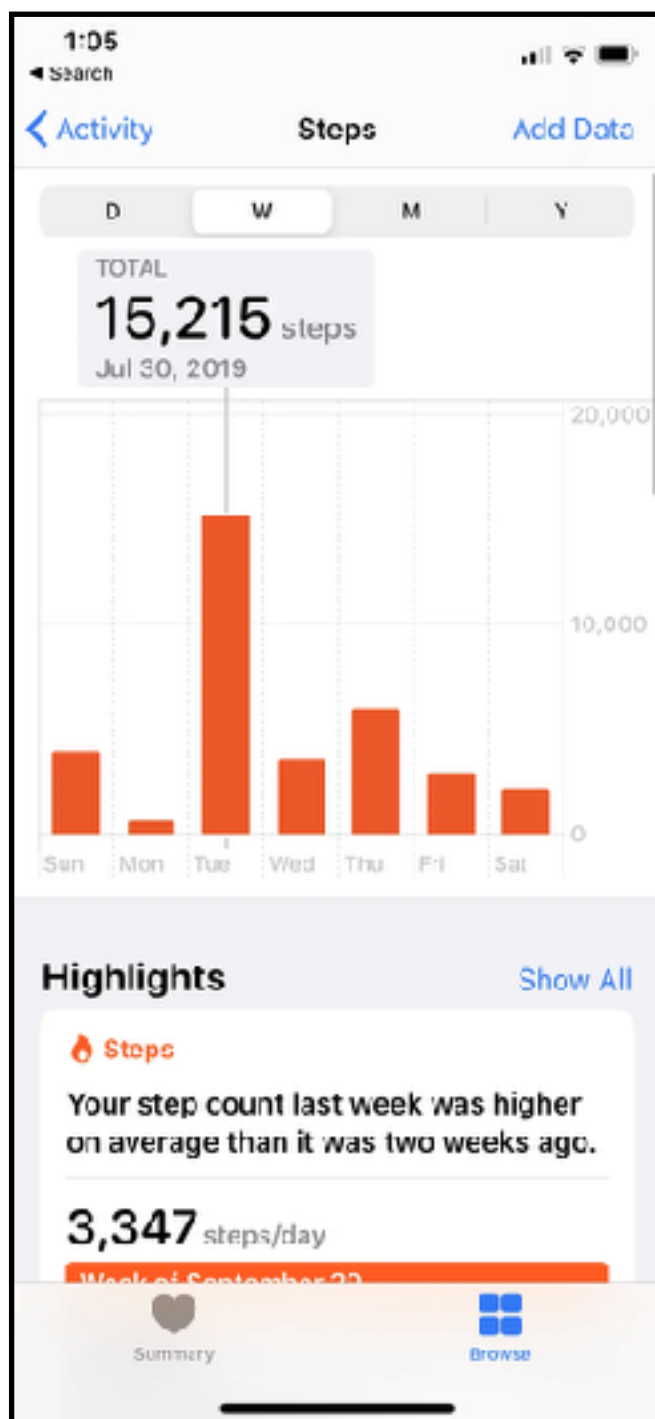
During the week, your walks are much shorter but you should apply the same warm up and cool down principles. So for example if you are starting out with a 15 minute walk, you could warm up for 5, increase the pace for 5 and then cool down for 5.

3. Track Your Steps

So overall, try to plan your day to include as much moving as possible. You need to track your steps all day using your mobile phone, watch or pedometer. Your mobile phone probably has a built in health or steps app which shows your steps in real time and records your hourly steps, each day. This way you can record your daily moving, which includes your walking.

If like me you use an iPhone, it has a built in health app, the red ❤️ on white background. It's been tracking your steps whether you knew it or not, and does everything you need. Click on Summary and then "Steps" and you'll see what it does.

There are many free walking and step apps available such as Stepz and of course you can pay for fancier ones. You can also use a sports watch such as a Garmin or Fitbit. They have the advantage that they are probably on your wrist all the time. It took me a while to get used to bringing my mobile with me.



Three Challenge Options

We've created three challenge options or levels so you can choose the one most suited to your current set of circumstances. The table below will help you decide which one is right for you.

Challenge Options	General Description	Current Activity	Results After 30 Days
Choose Level 1	Starting Back: This is the easiest level if you want to ease back into physical activity, regardless of your age, weight or current fitness level.	<p>Sedentary: You don't move much and you spend a lot of time sitting.</p> <p>Inactive: You walk no more than 1 hour a week.</p>	<p>Final Week of Challenge:</p> <ul style="list-style-type: none"> ○ Move 3000 Steps ○ Walk 6000 Steps ○ <u>Highest Daily Total 9000</u> <ul style="list-style-type: none"> ○ Walk 4 Days/Week ○ Walk 3 Hours/Week
Choose Level 2	Intermediate: This is the mid-range level. You are somewhat active but you know you can and should do more moving and walking.	<p>Sedentary: You don't move much and you spend a lot of time sitting.</p> <p>Active: You walk about 2 hours a week.</p>	<p>Final Week of Challenge:</p> <ul style="list-style-type: none"> ○ Move 4000 Steps ○ Walk 10000 Steps ○ <u>Highest Daily Total 13000</u> <ul style="list-style-type: none"> ○ Walking 5 Days/Week ○ Walking 5 Hours/Week
Choose Level 3	Advanced: - This is the hardest level. You're already quite active but you'd like to move much more and increase your walking too.	<p>Sedentary: You need to move much more than you do.</p> <p>Active: You walk at least 3 hours a week.</p>	<p>Final Week of Challenge:</p> <ul style="list-style-type: none"> ○ Move 5000 Steps ○ Walk 15000 Steps ○ <u>Highest Daily Total 18000</u> <ul style="list-style-type: none"> ○ Walking 5 Days/Week ○ Walking 7 Hours/Week

Regardless of which level you choose, you'll receive ongoing support during our 30 Day Moving Challenge, that will start from the moment you sign up, right through to the end, 30 days later.

1. Walking Test

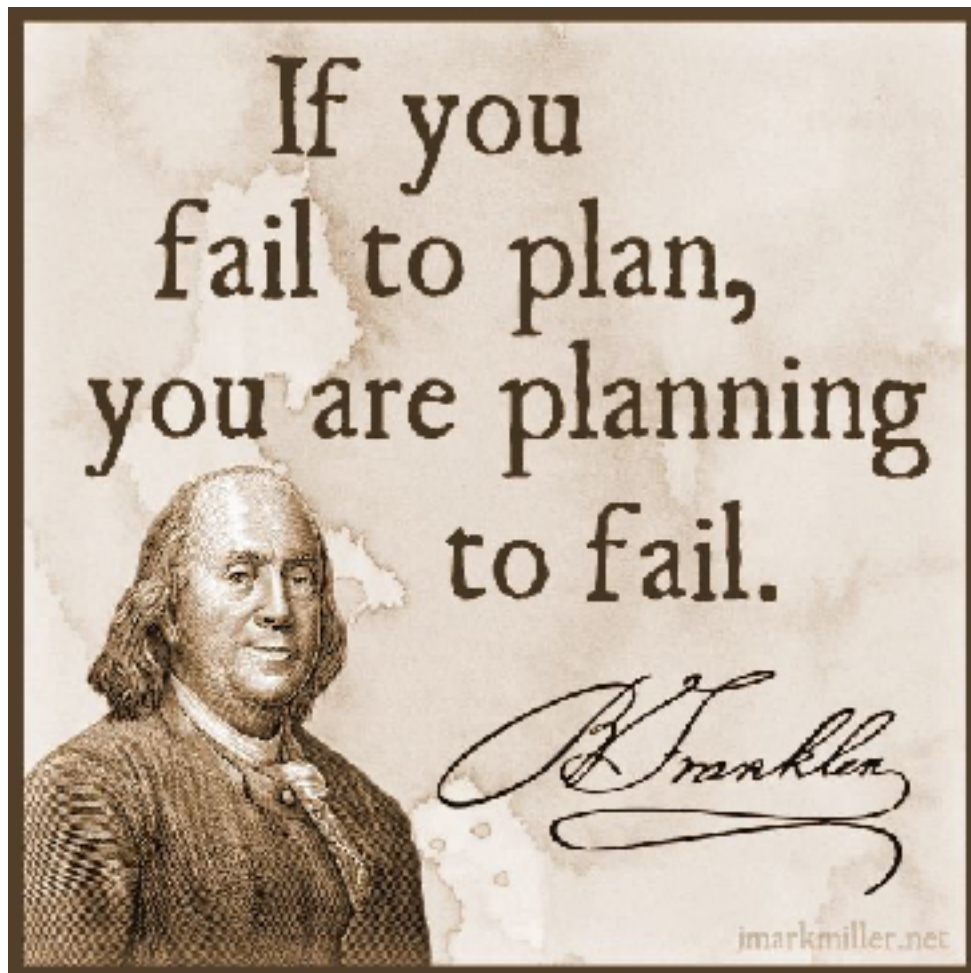
If you're still unsure which level is right for you, try this walking test where you time yourself walking for either 1 kilometre or 1 mile. It's important to just go out and walk as you would normally and not see this "test" as a race. Use the table below to guide you.

For example, if you walk 1 kilometre in 15 minutes then you should probably choose Level 1. If you can walk it in under 9 minutes you probably don't need to do this challenge but you're very welcome to join us, but choose Level 3. The table also shows comparable one mile targets for those of you who like to operate in miles.

Walking Test	1 Kilometre Targets Mins.	1 Mile Targets Mins.
Level 1	14 - 20	22 - 30
Level 2	12 - 13	19 - 21
Level 3	9 - 11	15 - 18

Your 30 Day Challenge Plan

I'm sure you've heard the Benjamin Franklin's quote *"If you fail to plan, you are planning to fail."* The corollary of this quote, however, is that if you do create a plan, it's much more likely that you'll succeed.



So we've created a plan for the three levels of the **30 Day Moving Challenge**. If you follow the plan designed for your level, you'll succeed in achieving the results set out in the table of the last section, on the final weekend of the challenge.

Achieving these results will enhance your lifestyle and your health and set you up for future success. You'll notice in each of the three Challenge Plans below that in your daily primary goals, a large chunk of your walking is planned for weekends.

1. Three Plan Levels

Plan Level 1

If you choose Level 1, you should go to Appendix 1, called “Challenge Level 1 Plan” where you’ll find the following details:

- Level 1 - Your Primary Daily Goals
- Level 1 - Record your Actual Daily Steps Worksheet
- Level 1 - Your Primary Daily Goals Standalone Poster

Plan Level 2

If you choose Level 2, you should go to Appendix 2, called “Challenge Level 2 Plan” where you’ll find the following details:

- Level 2 - Your Primary Daily Goals
- Level 2 - Record your Actual Daily Steps Worksheet
- Level 2 - Your Primary Daily Goals Standalone Poster

Plan Level 3

If you choose Level 3, you should go to Appendix 3, called “Challenge Level 3 Plan” where you’ll find the following details:

- Level 3 - Your Primary Daily Goals
- Level 3 - Record your Actual Daily Steps Worksheet
- Level 3 - Your Primary Daily Goals Standalone Poster

2. Your Primary Daily Goals

Your primary daily goals are based on participants starting and finishing the 30 Day Moving Challenge at the weekend. Both, Saturday and Sunday will be your big walking days.

Day	Day Of Week	Moving Steps	Walking Steps	Total Steps	Walking Minutes
1	Sat	1500	3000	4500	30
2	Sun	1500	3000	4500	30
3	Mon	1600	0	1600	0
4	Tue	1600	1500	3100	15
5	Wed	1700	0	1700	0
6	Thu	1700	1500	3200	15
7	Fri	1800	0	1800	0
Week 1		11400	9000	20400	90
8	Sat	1800	4000	5800	40
9	Sun	1800	4000	5800	40
10	Mon	1900	0	1900	0
11	Tue	1900	2000	3900	20
12	Wed	2000	0	2000	0
13	Thu	2000	2000	4000	20
14	Fri	2100	0	2100	0
Week 2		13500	12000	25500	120
15	Sat	2100	4500	6600	45
16	Sun	2100	4500	6600	45
17	Mon	2200	0	2200	0
18	Tue	2200	3000	5200	30
19	Wed	2300	0	2300	0
20	Thu	2300	3000	5300	30
21	Fri	2400	0	2400	0
Week 3		15600	15000	30600	150
22	Sat	2400	5000	7400	50
23	Sun	2400	5500	7900	50
24	Mon	2500	0	2500	0
25	Tue	2600	3500	6100	30
26	Wed	2700	0	2700	0
27	Thu	2800	4000	6800	30
28	Fri	2900	0	2900	0
Week 4		18300	18000	36300	160
29	Sat	3000	6000	9000	60
30	Sun	3000	6000	9000	60
Last 7 Days		19500	19500	39000	180
Average Steps		2786	2786	5571	

If this plan does not suit your personal circumstances, you can still participate in the challenge. In this case, using the same forms work out your own plan, create your own worksheets or record your goals and actual activity in whatever diary system you use.

3. Your Actual Daily Steps Worksheet

You should record your actual daily activity, both walking and moving, against your daily goals on **Your Actual Daily Steps Worksheet** in your Challenge Plan.

Your Actual Daily Steps Worksheet - Level 1

Day	Day Of Week	Moving Steps Goals	Moving Steps Actual	Walking Steps Goals	Walking Steps Actual	Total Steps Goals	Total Steps Actual	Walking Mins Goals	Walking Mins Actual
1	Sat	1500		3000		4500		30	
2	Sun	1500		3000		4500		30	
3	Mon	1600		0		1600		0	
4	Tue	1600		1500		3100		15	
5	Wed	1700		0		1700		0	
6	Thu	1700		1500		3200		15	
7	Fri	1800		0		1800		0	
Week 1		11400	0	9000	0	20400	0	90	0
8	Sat	1800		4000		5800		40	
9	Sun	1800		4000		5800		40	
10	Mon	1900		0		1900		0	
11	Tue	1900		2000		3900		20	
12	Wed	2000		0		2000		0	
13	Thu	2000		2000		4000		20	
14	Fri	2100		0		2100		0	
Week 2		13500	0	12000	0	25500	0	120	0
15	Sat	2100		4500		6600		45	
16	Sun	2100		4500		6600		45	
17	Mon	2200		0		2200		0	
18	Tue	2200		3000		5200		30	
19	Wed	2300		0		2300		0	
20	Thu	2300		3000		5300		30	
21	Fri	2400		0		2400		0	
Week 3		15600	0	15000	0	30600	0	150	0
22	Sat	2400		5000		7400		50	
23	Sun	2400		5500		7900		50	
24	Mon	2500		0		2500		0	
25	Tue	2600		3500		6100		30	
26	Wed	2700		0		2700		0	
27	Thu	2800		4000		6800		30	
28	Fri	2900		0		2900		0	
Week 4		18300	0	18000	0	36300	0	160	0
29	Sat	3000		6000		9000		60	
30	Sun	3000		6000		9000		60	
Last 7 Days		19500	0	19500	0	39000	0	180	0
Average		2786	0	2786	0	5571			

When you do this, you can see at a glance how you're doing. Your planned gradual progression over the 30 days of the challenge will motivate you to continue and set you up for future success.

4. Your Primary Daily Goals Poster

You should print this poster and stick it on your fridge, notice board or some other prominent place, so you can see your daily goals at a glance.

30 Day Moving Challenge LEVEL 1 - Daily STEPS Goals					
Day	Week 1	Week 2	Week 3	Week 4	Week 5
Saturday	M - 1500 W - 3000 [30 Min Walk]	M - 1800 W - 4000 [40 Min Walk]	M - 2100 W - 4500 [45 Min Walk]	M - 2400 W - 5000 [50 Min Walk]	M - 3000 W - 6000 [60 Min Walk]
	Day 1	Day 8	Day 16	Day 22	Day 29
Sunday	M - 1500 W - 3000 [30 Min Walk]	M - 1800 W - 4000 [40 Min Walk]	M - 2100 W - 4500 [45 Min Walk]	M - 2400 W - 5500 [55 Min Walk]	M - 3000 W - 6000 [60 Min Walk]
	Day 2	Day 9	Day 16	Day 23	Day 30
Monday	M - 1600 ----- Day 3	M - 1900 ----- Day 10	M - 2200 ----- Day 17	M - 2500 ----- Day 24	
	M - 1600 W - 1800 [15 Min Walk]	M - 1900 W - 2000 [20 Min Walk]	M - 2200 W - 3000 [30 Min Walk]	M - 2800 W - 3500 [35 Min Walk]	M - Move
Tuesday	M - 1600 ----- Day 4	M - 1900 ----- Day 11	M - 2200 ----- Day 18	M - 2800 ----- Day 25	
	M - 1700 ----- Day 5	M - 2000 ----- Day 12	M - 2300 ----- Day 19	M - 2700 ----- Day 26	
Wednesday	M - 1700 W - 1600 [15 Min Walk]	M - 2000 W - 2000 [20 Min Walk]	M - 2300 W - 3000 [30 Min Walk]	M - 2800 W - 4000 [40 Min Walk]	W - Walk
	Day 6	Day 13	Day 20	Day 27	
Thursday	M - 1800 ----- Day 7	M - 2100 ----- Day 14	M - 2400 ----- Day 21	M - 2900 ----- Day 28	
	M - 1800 ----- Day 7	M - 2100 ----- Day 14	M - 2400 ----- Day 21	M - 2900 ----- Day 28	
Friday	M - 1800 ----- Day 7	M - 2100 ----- Day 14	M - 2400 ----- Day 21	M - 2900 ----- Day 28	
	Total Steps.	20400	25500	30600	36300
Average Steps	2914	3643	4371	5188	
Hours Walking	1.5	2	2.5	3	

“Move More, Sit Less, More Often”

Your Most Popular Questions

Q. How do I know which level to choose?

A. Go back to the section on 3 Challenge Options on page X. You should also do a 1K or 1Mile walk and use the table below to help you decide.

Walking Test	1 Kilometre Targets Mins.	1 Mile Targets Mins.
Level 1	14 - 20	22 - 30
Level 2	12 - 13	19 - 21
Level 3	9 - 11	15 - 18

Q.How much does the Challenge cost?

A.The Forever Young Club 30 Day Moving Challenge is totally FREE to all Pilot Study participants. Your only cost is the investment of your valuable time and energy.

Q.Is it realistic for me to do the Challenge if I am older, overweight or out of shape?

A.Absolutely! Level 1 is designed with this in mind!

Q.Do I need to get the all clear from my doctor before I start the Challenge?

A. Physical activity is nearly always good for you. However, it's advisable to discuss any significant changes with your doctor who'll be aware of your particular health and fitness history. Once you start the Challenge, you shouldn't need to worry because we'll be here to guide you and answer your questions so you don't do anything silly and you can avoid injury.

Q. What kind of physical activity do I have to do?

A. The challenge is built around walking and moving during the day. However there is nothing to stop you from doing other activities such as swimming, cycling, skiing, spinning, rowing; the list goes on and on, if you want to.

Q. How many days a week do I have to exercise for?

A. The amount of walking you do depends on which level you choose. Level one is based on four days a week, level two on five and level three on six days. That means that you have at least one day off each week to rest and recover, though remember you'll also be moving as much as possible every day. You can still do the challenge if your personal circumstances don't allow you to commit to planned number of days.

Q. How many hours a week do I have to commit to?

A. Again this depends on the level you choose. In level one, you'll start at two hours a week of walking, gradually building to three hours. In level two, you'll start at three hours and build to five and in level three you'll start at five hours and build to seven. Remember you'll also be moving as much as possible every day which significantly increases your total activity.

Q.Can I do the Challenge alone?

A.You certainly can if you want to or if because of your personal circumstances you have to, but it's much better if you don't. See answer to next question below.

Q.Should I do the Challenge alone?

A.We always encourage you to walk and be active with others and so we recommend you do the challenge with others too. Why not get your spouse involved? What about your friends and work colleagues? You don't have to walk together every day but the accountability of doing the Challenge together will significantly increase your chances of completing it.

Q. What Support will be available during the Challenge?

A.You will receive ongoing support throughout the challenge through our podcasts and Q&A sessions. Founder members will also receive a one on one personal coaching session during the challenge.

Q. What Equipment do I need?

A.If you follow the Challenge and do the recommended walking and moving, all you really need is to have a good pair of walking shoes. Buying a good pair of shoes will help you avoid injury, but the investment of your hard earned cash will motivate you to keep going and complete the Challenge. This investment principle also applies to items such as apparel and accessories, but these are only nice to have, not need to have!

Q. Where is the best place to buy walking shoes?

A. The only way you can be 99% confident that you have bought the “right” shoes, is to buy them in a specialty store, where the staff have the education, knowledge and training necessary to fit you for the right walking shoes. They will also motivate you and inspire you to continue beyond the challenge.

Q. What should I do when the challenge is over?

A. One reason the challenge is 30 days is because that time is required to get into the habit of walking and moving on a regular basis. With 30 days under your belt you’ll be primed to continue what you’ve started. Whatever you decide to do, please make sure you continue to progress with your new, healthier lifestyle. Why not join the Forever Young Club as a Founder Member and when you do this before or during the challenge your annual subscription will not renew until May 2022.

Q. What if dates don’t suit me?

A. The challenge and all the support guidelines and worksheets are set with flexibility in mind. You could start the challenge a week or more later, during the week, based on walking less days and so on. It’s really up to you but let us know if you have any questions.

Appendices

Appendix 1 - Level 1

Your Primary Daily Goals - Level 1

Day	Day Of Week	Moving Steps	Walking Steps	Total Steps	Walking Minutes
1	Sat	1500	3000	4500	30
2	Sun	1500	3000	4500	30
3	Mon	1600	0	1600	0
4	Tue	1600	1500	3100	15
5	Wed	1700	0	1700	0
6	Thu	1700	1500	3200	15
7	Fri	1800	0	1800	0
Week 1		11400	9000	20400	90
8	Sat	1800	4000	5800	40
9	Sun	1800	4000	5800	40
10	Mon	1900	0	1900	0
11	Tue	1900	2000	3900	20
12	Wed	2000	0	2000	0
13	Thu	2000	2000	4000	20
14	Fri	2100	0	2100	0
Week 2		13500	12000	25500	120
15	Sat	2100	4500	6600	45
16	Sun	2100	4500	6600	45
17	Mon	2200	0	2200	0
18	Tue	2200	3000	5200	30
19	Wed	2300	0	2300	0
20	Thu	2300	3000	5300	30
21	Fri	2400	0	2400	0
Week 3		15600	15000	30600	150
22	Sat	2400	5000	7400	50
23	Sun	2400	5500	7900	50
24	Mon	2500	0	2500	0
25	Tue	2600	3500	6100	30
26	Wed	2700	0	2700	0
27	Thu	2800	4000	6800	30
28	Fri	2900	0	2900	0
Week 4		18300	18000	36300	160
29	Sat	3000	6000	9000	60
30	Sun	3000	6000	9000	60
Last 7 Days		19500	19500	39000	180
Average Steps		2786	2786	5571	

Appendix 1

Your Actual Daily Steps Worksheet - Level 1

Day	Day Of Week	Moving Steps Goals	Moving Steps Actual	Walking Steps Goals	Walking Steps Actual	Total Steps Goals	Total Steps Actual	Walking Mins Goals	Walking Mins Actual
1	Sat	1500		3000		4500		30	
2	Sun	1500		3000		4500		30	
3	Mon	1600		0		1600		0	
4	Tue	1600		1500		3100		15	
5	Wed	1700		0		1700		0	
6	Thu	1700		1500		3200		15	
7	Fri	1800		0		1800		0	
Week 1		11400	0	9000	0	20400	0	90	0
8	Sat	1800		4000		5800		40	
9	Sun	1800		4000		5800		40	
10	Mon	1900		0		1900		0	
11	Tue	1900		2000		3900		20	
12	Wed	2000		0		2000		0	
13	Thu	2000		2000		4000		20	
14	Fri	2100		0		2100		0	
Week 2		13500	0	12000	0	25500	0	120	0
15	Sat	2100		4500		6600		45	
16	Sun	2100		4500		6600		45	
17	Mon	2200		0		2200		0	
18	Tue	2200		3000		5200		30	
19	Wed	2300		0		2300		0	
20	Thu	2300		3000		5300		30	
21	Fri	2400		0		2400		0	
Week 3		15600	0	15000	0	30600	0	150	0
22	Sat	2400		5000		7400		50	
23	Sun	2400		5500		7900		50	
24	Mon	2500		0		2500		0	
25	Tue	2600		3500		6100		30	
26	Wed	2700		0		2700		0	
27	Thu	2800		4000		6800		30	
28	Fri	2900		0		2900		0	
Week 4		18300	0	18000	0	36300	0	160	0
29	Sat	3000		6000		9000		60	
30	Sun	3000		6000		9000		60	
Last 7 Days		19500	0	19500	0	39000	0	180	0
Average		2786	0	2786	0	5571	0		

Appendix 1

30 Day Moving Challenge LEVEL 1 - Daily STEPS Goals

Day	Week 1	Week 2	Week 3	Week 4	Week 5
Saturday	M - 1500 W - 3000 [30 Min Walk] ----- Day 1	M - 1800 W - 4000 [40 Min Walk] ----- Day 8	M - 2100 W - 4500 [45 Min Walk] ----- Day 15	M - 2400 W - 5000 [50 Min Walk] ----- Day 22	M - 3000 W - 6000 [60 Min Walk] ----- Day 29
Sunday	M - 1500 W - 3000 [30 Min Walk] ----- Day 2	M - 1800 W - 4000 [40 Min Walk] ----- Day 9	M - 2100 W - 4500 [45 Min Walk] ----- Day 16	M - 2400 W - 5500 [55 Min Walk] ----- Day 23	M - 3000 W - 6000 [60 Min Walk] ----- Day 30
Monday	M - 1600 ----- Day 3	M - 1900 ----- Day 10	M - 2200 ----- Day 17	M - 2500 ----- Day 24	
Tuesday	M - 1600 W - 1500 [15 Min Walk] ----- Day 4	M - 1900 W - 2000 [20 Min Walk] ----- Day 11	M - 2200 W - 3000 [30 Min Walk] ----- Day 18	M - 2600 W - 3500 [35 Min Walk] ----- Day 25	M - Move
Wednesday	M - 1700 ----- Day 5	M - 2000 ----- Day 12	M - 2300 ----- Day 19	M - 2700 ----- Day 26	
Thursday	M - 1700 W - 1500 [15 Min Walk] ----- Day 6	M - 2000 W - 2000 [20 Min Walk] ----- Day 13	M - 2300 W - 3000 [30 Min Walk] ----- Day 20	M - 2800 W - 4000 [40 Min Walk] ----- Day 27	W - Walk
Friday	M - 1800 ----- Day 7	M - 2100 ----- Day 14	M - 2400 ----- Day 21	M - 2900 ----- Day 28	
Total Steps	20400	25500	30600	36300	
Average Steps	2914	3643	4371	5186	
Hours Walking	1.5	2	2.5	3	

Appendix 2 - Level 2

Your Primary Daily Goals - Level 2

Day	Day Of Week	Moving Steps	Walking Steps	Total Steps	Walking Minutes
1	Sat	2000	6667	8667	60
2	Sun	2000	6667	8667	60
3	Mon	2250	3333	5583	30
4	Tue	2500	0	2500	0
5	Wed	2250	3333	5583	30
6	Thu	2500	0	2500	0
7	Fri	2500	3333	5833	30
Week 1	Total	16000	23333	39333	210
8	Sat	2250	7777	10027	65
9	Sun	2250	7777	10027	70
10	Mon	2500	3333	5833	0
11	Tue	3000	0	3000	30
12	Wed	2750	3885	6635	30
13	Thu	3000	0	3000	30
14	Fri	3000	3885	6885	0
Week 2	Total	18750	26657	45407	225
15	Sat	2500	8325	10825	75
16	Sun	2500	8325	10825	75
17	Mon	3000	4444	7444	0
18	Tue	3500	0	3500	40
19	Wed	3000	4444	7444	40
20	Thu	3500	0	3500	40
21	Fri	3250	4444	7694	0
Week 3	Total	21250	29982	51232	270
22	Sat	2750	8888	11638	80
23	Sun	2750	8888	11638	85
24	Mon	3250	4444	7694	0
25	Tue	4000	0	4000	40
26	Wed	3500	4444	7944	40
27	Thu	4000	0	4000	40
28	Fri	3500	4444	7944	0
Week 4		23750	31108	54858	285
29	Sat	3000	10000	13000	90
30	Sun	3000	10000	13000	90
Last 7 Days		24250	33332	57582	300
Average Steps		3464	4762	8226	

Appendix 2

Your Actual Daily Steps Worksheet - Level 2

Day	Day Of Week	Moving Steps Goals	Moving Steps Actual	Walking Steps Goals	Walking Steps Actual	Total Steps Goals	Total Steps Actual	Walking Mins Goals	Walking Mins Actual
1	Sat	2000		6667		8667		60	
2	Sun	2000		6667		8667		60	
3	Mon	2250		3333		5583		30	
4	Tue	2500		0		2500		0	
5	Wed	2250		3333		5583		30	
6	Thu	2500		0		2500		0	
7	Fri	2500		3333		5833		30	
Week 1		16000	0	23333	0	39333	0	210	0
8	Sat	2250		7777		10027		70	
9	Sun	2250		7777		10027		70	
10	Mon	2500		3333		5833		30	
11	Tue	3000		0		3000		0	
12	Wed	2750		3885		6635		35	
13	Thu	3000		0		3000		0	
14	Fri	3000		3885		6885		35	
Week 2		18750	0	26657	0	45407	0	240	0
15	Sat	2500		8325		10825		75	
16	Sun	2500		8325		10825		75	
17	Mon	3000		4444		7444		40	
18	Tue	3500		0		3500		0	
19	Wed	3000		4444		7444		40	
20	Thu	3500		0		3500		0	
21	Fri	3250		4444		7694		40	
Week 3		21250	0	29982	0	51232	0	270	0
22	Sat	2750		8888		11638		80	
23	Sun	2750		8888		11638		80	
24	Mon	3250		4444		7694		40	
25	Tue	4000		0		4000		0	
26	Wed	3500		4444		7944		40	
27	Thu	4000		0		4000		0	
28	Fri	3500		4444		7944		40	
Week 4		23750	0	31108	0	54858	0	280	0
29	Sat	3000		10000		13000		90	
30	Sun	3000		10000		13000		90	
Last 7 Days		24250	0	33332	0	57582	0	300	0
Average		3464	0	4762	0	8226	0		

Appendix 2

30 Day Moving Challenge LEVEL 2 Poster - Your Daily STEPS Goals

Day	Week 1	Week 2	Week 3	Week 4	Week 5
Saturday	M - 2000 W - 6667 [60 Min Walk] ----- Day 1	M - 2250 W - 7777 [70 Min Walk] ----- Day 8	M - 2500 W - 8325 [75 Min Walk] ----- Day 15	M - 2750 W - 8888 [80 Min Walk] ----- Day 22	M - 3000 W - 10000 [90 Min Walk] ----- Day 29
Sunday	M - 2000 W - 6667 [60 Min Walk] ----- Day 2	M - 2250 W - 7777 [70 Min Walk] ----- Day 9	M - 2500 W - 8325 [75 Min Walk] ----- Day 16	M - 2750 W - 8888 [80 Min Walk] ----- Day 23	M - 3000 W - 10000 [90 Min Walk] ----- Day 30
Monday	M - 2250 W - 3333 [30 Min Walk] ----- Day 3	M - 2500 W - 3333 [30 Min Walk] ----- Day 10	M - 3000 W - 4444 [40 Min Walk] ----- Day 17	M - 3250 W - 4444 [40 Min Walk] ----- Day 24	
Tuesday	M - 2500 ----- Day 4	M - 3000 ----- Day 11	M - 3500 ----- Day 18	M - 4000 ----- Day 25	M - Move
Wednesday	M - 2250 W - 3333 [30 Min Walk] ----- Day 5	M - 2750 W - 3885 [35 Min Walk] ----- Day 12	M - 3000 W - 4444 [40 Min Walk] ----- Day 19	M - 3500 W - 44444 [40 Min Walk] ----- Day 26	
Thursday	M - 2500 ----- Day 6	M - 3000 ----- Day 13	M - 3500 ----- Day 20	M - 4000 ----- Day 27	W - Walk
Friday	M - 2500 W - 3333 [30 Min Walk] ----- Day 7	M - 3000 W - 3885 [35 Min Walk] ----- Day 14	M - 3250 W - 4444 [40 Min Walk] ----- Day 21	M - 3500 W - 4444 [40 Min Walk] ----- Day 28	
Total Steps	39333	45407	51232	54858	
Average Steps	5619	6487	7319	7837	
Hours Walking	3.5	4.0	4.5	5	

Appendix 3 - Level 3

Your Primary Daily Goals - Level 3

Day	Day Of Week	Moving Steps	Walking Steps	Total Steps	Walking Minutes
1	Sat	2000	9375	11375	75
2	Sun	2000	9375	11375	75
3	Mon	2500	5000	7500	40
4	Tue	3500	0	3500	0
5	Wed	2750	5000	7750	40
6	Thu	3500	0	3500	0
7	Fri	3000	5000	8000	40
Week 1		19250	33750	53000	270
8	Sat	2250	11250	13500	90
9	Sun	2250	11250	13500	90
10	Mon	3000	5625	8625	45
11	Tue	4000	0	4000	0
12	Wed	3250	5625	8875	45
13	Thu	4000	0	4000	0
14	Fri	3500	5625	9125	45
Week 2		22250	39375	61625	315
15	Sat	2500	12500	15000	100
16	Sun	2500	12500	15000	100
17	Mon	3500	6250	9750	50
18	Tue	4500	0	4500	0
19	Wed	3750	6250	10000	50
20	Thu	4500	0	4500	0
21	Fri	3750	6250	10000	50
Week 3		25000	43750	68750	350
22	Sat	2750	14375	17125	110
23	Sun	2750	14375	17125	110
24	Mon	4500	0	4500	60
25	Tue	3750	7500	11250	0
26	Wed	3750	7500	11250	60
27	Thu	3750	7500	11250	0
28	Fri	5000	0	5000	60
Week 4		26250	51250	77500	400
29	Sat	3000	15000	18000	120
30	Sun	3000	15000	18000	120
Last 7 Days		26750	52500	79250	420
Average Steps		3821	7500	11321	

Appendix 3

Your Actual Daily Steps Worksheet - Level 3

Day	Day Of Week	Moving Steps Goals	Moving Steps Actual	Walking Steps Goals	Walking Steps Actual	Total Steps Goals	Total Steps Actual	Walking Mins Goals	Walking Mins Actual
1	Sat	2000		9375		11375		75	
2	Sun	2000		9375		11375		75	
3	Mon	2500		5000		7500		40	
4	Tue	3500		0		3500		0	
5	Wed	2750		5000		7750		40	
6	Thu	3500		0		3500		0	
7	Fri	3000		5000		8000		40	
Week 1		19250	0	33750	0	53000	0	270	0
8	Sat	2250		11250		13500		90	
9	Sun	2250		11250		13500		90	
10	Mon	3000		5625		8625		45	
11	Tue	4000		0		4000		0	
12	Wed	3250		5625		8875		45	
13	Thu	4000		0		4000		0	
14	Fri	3500		5625		9125		45	
Week 2		22250	0	39375	0	61625	0	315	0
15	Sat	2500		12500		15000		100	
16	Sun	2500		12500		15000		100	
17	Mon	3500		6250		9750		50	
18	Tue	4500		0		4500		0	
19	Wed	3750		6250		10000		50	
20	Thu	4500		0		4500		0	
21	Fri	3750		6250		10000		50	
Week 3		25000	0	43750	0	68750	0	350	0
22	Sat	2750		13750		16500		110	
23	Sun	2750		13750		16500		110	
24	Mon	4000		7500		11500		60	
25	Tue	5000		0		5000		0	
26	Wed	4000		7500		11500		60	
27	Thu	5000		0		5000		0	
28	Fri	4000		7500		11500		60	
Week 4		27500	0	50000	0	77500	0	400	0
29	Sat	3000		15000		18000		120	
30	Sun	3000		15000		18000		120	
Last 7 Days		28000	0	52500	0	80500	0	420	0
Average		4000	0	7500	0	11500	0	60	

Appendix 3

30 Day Moving Challenge LEVEL 3 Poster - Your Daily STEPS

Day	Week 1	Week 2	Week 3	Week 4	Week 5
Saturday	M - 2000 W - 9375 [75 Min Walk] ----- Day 1	M - 2250 W - 11250 [90 Min Walk] ----- Day 8	M - 2500 W - 12500 [100 Min Walk] ----- Day 15	M - 2750 W - 13750 [110 Min Walk] ----- Day 22	M - 3000 W - 15000 [2 Hour Walk] ----- Day 29
Sunday	M - 2000 W - 9375 [75 Min Walk] ----- Day 2	M - 2250 W - 11250 [90 Min Walk] ----- Day 9	M - 2500 W - 12500 [100 Min Walk] ----- Day 16	M - 2750 W - 13750 [110 Min Walk] ----- Day 23	M - 3000 W - 15000 [2 Hour Walk] ----- Day 30
Monday	M - 2500 W - 5000 [40 Min Walk] ----- Day 3	M - 3000 W - 5625 [45 Min Walk] ----- Day 10	M - 3500 W - 6250 [50 Min Walk] ----- Day 17	M - 4000 W - 7500 [1 Hour Walk] ----- Day 24	
Tuesday	M - 3500 ----- Day 4	M - 4000 ----- Day 11	M - 4500 ----- Day 18	M - 5000 ----- Day 25	M - Move
Wednesday	M - 2750 W - 5000 [40 Min Walk] ----- Day 5	M - 3250 W - 5625 [45 Min Walk] ----- Day 12	M - 3750 W - 6250 [50 Min Walk] ----- Day 19	M - 4000 W - 7500 [1 Hour Walk] ----- Day 26	
Thursday	M - 3500 ----- Day 6	M - 4000 ----- Day 13	M - 4500 ----- Day 20	M - 5000 ----- Day 27	W - Walk
Friday	M - 3000 W - 5000 [40 Min Walk] ----- Day 7	M - 3500 W - 5625 [45 Min Walk] ----- Day 14	M - 3750 W - 6250 [50 Min Walk] ----- Day 21	M - 4000 W - 7500 [1 Hour Walk] ----- Day 28	
Total Steps	53000	61625	68750	77500	
Average Steps	7571	8804	9821	11071	
Hours Walking	4.5	5.25	5.83	6.67	