

September 2021

FOCUS: Increasing steps

CHALLENGE: How many days can you achieve at least 7,500 steps?



MY GOAL FOR THIS MONTH: _____

How will I achieve this? _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1. SET A SMART GOAL FOR THE MONTH	2.	3.	3.
4.	5.	6.	7.	8.	9.	10.
11.	12.	13.	14.	15. REVIEW PROGRESS TOWARD YOUR GOAL	16.	17.
18.	19.	20.	21.	22.	23.	24.
25.	26.	27.	28.	29.	30.	

Share your wellness achievements with us!

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