 **Step Challenge Ideas at Home **

**Don’t have a pedometer of fitbit?**

* No problem pedometers are actually built into many smart phones. Additionally, apps can be downloaded to count steps using your phone (hey, it one more excuse to always have your phone)

**What’s your motivation?**

* To get healthier, lose weight, battle boredom
* Maybe you just like competition
* Maybe your family could set an incentive i.e. the most steps in the day chooses a meal the next day or gets to pick the outdoor activity, gets to use the computer, pick a tv show (doing more steps is beneficial to offset those sedentary screen times)

**Ways to challenge yourself**

* Set a goal to get 10,000 steps a day (this is the recommended amount to help stay healthy)
* Review your average or normal step amount and set a goal to beat these steps daily
* Set a goal to improve your sets by 500 each day (i.e. normally getting 4000 steps, get 4500, then 5000, then 5500, etc.)
* Set a weekly step goal
* Set an overall goal and time period

**Ways to compete against one another**

* See who can get more steps in a day
* See who can get more steps in a week
* See who can get the most improved step amount versus your normal averages
* Set a number of steps i.e. 50000 and see who can get to it first
* Utilize the above competing options in a team or individual format i.e. kids vs adults
* Compete against other families to see who can get more steps
* Compete for incentives
* Set a family step goal for the day or week and reward yourself if you achieve it
* Go for the Gold – Set numbers to achieve over a period of time i.e. 10-days Bronze – 70,000 steps, Silver – 80,000 steps, Gold – 100,000 steps (can add incentives if desired)