



Step Challenge Ideas at Home



Don't have a pedometer or Fitbit?

- No problem pedometers are actually built into many smart phones. Additionally, apps can be downloaded to count steps using your phone (hey, it's 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. 50,000 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)