

WEEK 9



GET MOTIVATED. STEP CHALLENGE

The Step Challenge is simple. Count your steps using your pedometer, FitBit, Apple Watch, Garmin or other device. If you do not have a device to count steps, you can convert your minutes to steps – 20 minutes of cardio exercise equals 2,000 steps. Every STEP you take is one step up a building. To keep it simple – count your steps for the day and determine how many buildings/monuments you climbed. Steps ARE cumulative. IE if you had 10,000 for the day, you would have made it ALMOST to the top of the Empire State Building. (Go ahead – take 359 more steps!) Start over each day and see where you end up! We've put the total points at the end of each line to make keeping track easier. (You must have 18,328 or more steps in a day to get the maximum points!) We don't expect perfect scores!

- 248 steps -- Cape Hatteras Lighthouse = 248 = 5 pts.
- + 291 steps -- Bunker Hill Monument = 539 = 10 pts.
- + 354 steps -- Statue of Liberty = 893 = 15 pts.
- + 393 steps -- Big Ben = 1286 = 20 pts.
- + 425 steps -- Sydney Opera House = 1711 = 25 pts.
- + 802 steps -- Calgary Tower = 2513 = 30 pts.
- + 848 steps -- Space Needle = 3361 = 35 pts.
- + 897 steps -- Washington Monument = 4258 = 40 pts.
- + 1076 steps -- Gateway Arch = 5334 = 45 pts.
- + 1500 steps -- US Bank Tower = 6834 = 50 pts.
- + 1665 steps -- Eiffel Tower = 8499 = 55 pts.
- + 1860 steps -- Empire State Building = 10359 = 60 pts.
- + 2109 steps -- Sears Tower = 12,468 = 65 pts.
- + 2860 steps -- Petronas Twin Towers = 15,328 = 70 pts.
- + 3500 steps -- CN Tower = 18,828 = 75 pts.

Fr - ___/75 Sa - ___/75 Su - ___/75 Mo - ___/75 Tu - ___/75 Total ___/375