

Stair Challenge

Looking for ways to increase your physical activity? Join the Stair Challenge! The goal is to use the stairs instead of the elevator as many times as you can. Find a flight of stairs at work, at home or even at the gym. Either increase your daily activity to reach one of the levels below, or add one of the levels below to your current exercise program.

- Level I:** Add 3-6 flights* of stairs to your day.
- Level II:** Add 7-10 flights of stairs to your day.
- Level III:** Add 11-15 flights of stairs to your day.

**The average flight of stairs contains 12 steps.*

	Week 1	Week 2	Week 3	Week 4
Date:				
	Number of flights climbed			
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday (bonus)				
Sunday (bonus)				
Total				
Grand total:				

Print name: _____

Contact your physician prior to starting any new exercise program.

