

❖❖❖ Stepember Daily Challenge ❖❖❖

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Take a 10 minute walk during your lunch break	2 Make a \$10 donation to your work bestie	3 Do 20 squats at your desk	4 Walk to a colleague instead of emailing them
7 Wear silly socks while exercising today (post a photo & tag Stepember to prove it!)	8 Take a walking meeting	9 Park further away from work/get off transport a stop early	10 Check in with a colleague for 'RUOK? Day'	11 Walk during a phone call
14 Walk to a new cafe for your morning coffee	15 Stretch for 5 minutes this morning	16 Walk with a teammate for 15 minutes	17 Bring or bake a sweet treat for an office fundraiser	18 Take a nature walk (snap a photo!)
21 Take the long way to the bathroom (if you aren't busting!)	22 Do a 30 second plank at morning tea	23 Walk to grab lunch	24 Dance to one full song at home	25 Do 15 push-ups at your desk
28 Do 10 starjumps between meetings	29 Share a highlight from the month on socials (tag Stepember so we can see too!)	30 Celebrate! You completed Stepember!		