

Nov. 4 - Nov. 22

NAME: _____

THRIVE

Mini
Challenge
#1

Follow the walking plan below during your work week.
This challenge adds stair steps in addition to the walking minutes.
Cross off the days as you complete them.

<p>Mon, Nov. 4</p> <p>10-minute easy walk</p> <p>45 stair steps</p>	<p>Tue, Nov. 5</p> <p>10-minute brisk walk</p>	<p>Wed, Nov. 6</p> <p>15-minute easy walk</p> <p>45 stair steps</p>	<p>Thu, Nov. 7</p> <p>15-minute easy walk</p> <p>45 stair steps</p>	<p>Fri, Nov. 8</p> <p>15-minute brisk walk</p>
<p>Mon, Nov. 11</p> <p>15-minute easy walk</p> <p>45 stair steps x 2</p>	<p>Tue, Nov. 12</p> <p>10-minute easy + 5-minute brisk walk (15 minutes total)</p>	<p>Wed, Nov. 13</p> <p>15-minute easy walk</p> <p>45 stair steps x 2</p>	<p>Thu, Nov. 14</p> <p>10-minute easy walk x 2</p> <p>45 stair steps x 2</p>	<p>Fri, Nov. 15</p> <p>10-minute brisk walk x2 (20 minutes total)</p>
<p>Mon, Nov. 18</p> <p>15-minute easy walk + 5-minute brisk walk (20 minutes total)</p> <p>45 stair steps x 2</p>	<p>Tue, Nov. 19</p> <p>10-minute easy walk + 10-minute brisk walk (20 minutes total)</p>	<p>Wed, Nov. 20</p> <p>15-minute easy walk + 5-minute brisk walk (20 minutes total)</p> <p>45 stair steps x 2</p>	<p>Thu, Nov. 21</p> <p>20-minute easy</p> <p>45 stair steps x 2</p>	<p>Fri, Nov. 22</p> <p>15-minute easy walk + 10-minute brisk walk (25 minutes total)</p>

Dec. 2 - Dec. 20

NAME: _____

THRIVE

Mini
Challenge
#2

Follow the walking plan below during your work week.
This challenge adds stair steps in addition to the walking minutes.
Cross off the days as you complete them.

<p>Mon, Dec. 2</p> <p>15-minute easy + 5-minute brisk walk (20 minutes total)</p> <p>45 stair steps x 2</p>	<p>Tue, Dec. 3</p> <p>10-minute easy walk + 10-minute brisk walk (20 minutes total)</p>	<p>Wed, Dec. 4</p> <p>15-minute easy + 5-minute brisk walk (20 minutes total)</p> <p>45 stair steps x 2</p>	<p>Thu, Dec. 5</p> <p>20-minute easy walk</p> <p>45 stair steps x 2</p>	<p>Fri, Dec. 6</p> <p>15-minute easy walk + 10-minute brisk walk (25 minutes total)</p>
<p>Mon, Dec. 9</p> <p>10-minute easy walk x 2 (20 minutes total)</p> <p>45 stair steps x 3</p>	<p>Tue, Dec. 10</p> <p>30-minute easy walk</p>	<p>Wed, Dec. 11</p> <p>15-minute easy walk + 5-minute brisk walk (20 minutes total)</p> <p>45 stair steps x 3</p>	<p>Thu, Dec. 12</p> <p>25-minute easy walk</p> <p>45 stair steps x 3</p>	<p>Fri, Dec. 13</p> <p>5-minute easy walk + 25 minute brisk walk (30 minutes total)</p>
<p>Mon, Dec. 16</p> <p>15-minute easy walk + 10-minute brisk walk (25 minutes total)</p> <p>45 stair steps x 3</p>	<p>Tue, Dec. 17</p> <p>25-minute easy + 10-minute brisk walk (35 minutes total)</p>	<p>Wed, Dec. 18</p> <p>15-minute easy walk + 10-minute brisk walk (25 minutes total)</p> <p>45 stair steps x 3</p>	<p>Thu, Dec. 19</p> <p>15-minute easy walk x 2 (30 minutes total)</p> <p>45 stair steps x 3</p>	<p>Fri, Dec. 20</p> <p>20-minute easy walk, 20-minute brisk walk (40 minutes total)</p>

Guidelines

Easy walk = casual stroll
Brisk walk = moderate pace

10-minute walk = about 1100 steps; 15-minute walk=2000 steps; 20-minute walk = ~2,200 steps;

30-minute walk = ~3,000 steps; 40-minute walk = ~3,500 steps

15 stairs = 1 flight of stairs

Tips for Success

- Try splitting your time. For example, try two shorter walks to meet a 15-minute goal when starting out.
- When walking at work, try two 15-minute walks to meet a 30-minute goal.
- Break up sessions during the work week.
- If a week is too challenging, repeat the previous week.

Stretching Sessions

You can also join in our guided office stretching sessions on Mondays and Thursdays at 2:30 p.m.

If you complete both challenges, submit your completed sheet to claim a prize from the CFHL.

Twenty (20) people will win a 2-session personal training package. Everyone else will receive a completion prize from the CFHL.