



Million Step Group Challenge

In a Meijän Polku's Million Step Group Challenge, we'll set out with a group of 3 to 5 people to collect a million walking steps in a month! The challenge is playful and everyone participates within their own fitness and energy.

For more information see www.meijanpolku.fi/millionstep

Name	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total steps
Week 1								

Total steps, week 1:

Name	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total steps
Week 2								

Total steps, week 2:

Name	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total steps
Week 3								

Total steps, week 3:

Name	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total steps
Week 4								

Total steps, week 4: