

# AUGUST FITNESS CHALLENGE!

## STEP INTO AUGUST

GOAL: WALK 8,000–10,000 STEPS DAILY.



Let's make movement a daily habit! Whether you're strolling through your neighborhood, hitting the treadmill, or simply taking extra steps during your routine, every stride counts. Use your fitness tracker, phone app, or pedometer to stay on top of your progress and keep the motivation going. This August, challenge yourself to stay active, boost your energy, and build a healthier lifestyle—one step at a time.

# AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Kickoff Day! Set your step goal and take a 15-minute walk.	2 Walk & Listen: Take a music or podcast walk.	3 Park Stroll Sunday: Walk at your local park or trail.
4 Take the stairs all day long. skip the elevator!	5 Track Tuesday: Log your steps and share with a friend.	6 Walk & Talk: Call someone while walking.	7 Add 5 minutes to your longest walk this week.	8 Furry Friend Friday: Take your pet for a longer walk!	9 Park far away everywhere you go today.	10 Sunday Steps: Take a sunset or sunrise walk.
11 Step Goal Check-In: Adjust if needed!	12 Try a walking workout (on YouTube or treadmill).	13 Walk to your errands if possible.	14 Step Up Thursday: Walk a hill or incline.	15 Invite a coworker or friend for a walk break.	16 House Step Hustle: Get steps while cleaning or doing chores.	17 Halfway There! Take a victory lap today.
18 Speed Steps: Do a brisk 10-minute walk.	19 Balance it out: Add stretching after your steps.	20 Wellness Wednesday: Pair your walk with a healthy snack.	21 Take a photo on your walk and share it!	22 Step & Shop: Get your steps in while shopping.	23 Walk in a new location: beach, boardwalk, new block.	24 Low-Impact Monday: Indoor steps or walking video.
25 Reverse Your Route: Walk your usual path backward.	26 Step Challenge Reflection: How are you feeling?	27 Hit a new step record today!	28 Dance break! Add 10 mins of dancing for steps.	29 Family Friday: Walk with a family member or friend.	30 Explore a nearby town or trail. Steps + adventure!	31 Finish Line! Celebrate and total your August steps!



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