



## 7 DAY STEP CHALLENGE



**GOAL:** Document steps for 7 days (Track the number of steps or amount of time you walked)

**WHEN:** Send step counter back to your coach or [coachingOC@cigna.com](mailto:coachingOC@cigna.com) by 1/26/2024

**WHY:** Complete the step counter to be entered in to win an AIR FRYER

DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:

DAY 6:

DAY 7:

**BONUS:** T or F: It is recommended to get an average of 10,000 steps per day \_\_\_\_\_?

