



# Step Up Walking Challenge

April 15 - May 15, 2024

**A Self-Guided Step Challenge!**  
**Track your Steps Daily for a Month!**

- Sign up at the E-Street Gym, bldg. 102.
- Participants will use their own fitness tracker apps / watches to record their steps.
- Participants will record their steps daily and track their steps on the paper tracker provided at the front desk.
- The 3 walkers that record the most steps in 1 month will receive a Fitness challenge Coin.
- Participants steps will be posted at the end of each week on the Fitness brag board.

For more information, please call the E-Street Gym at 961-2401.



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