



NOVEMBER

**MOVEMENT
CHALLENGE**

BALANCE

lifestyle | fitness | nutrition



November

Daily step Challenge

Monthly

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	⁴ 18,000 Steps	⁵ 15,000 Steps	⁶ 20,000 Steps	⁷ 14,000 Steps	⁸ 16,000 Steps	⁹ 17,000 Steps
¹⁰ 18,000 Steps	¹¹ 15,000 Steps	¹² 20,000 Steps	¹³ 14,000 Steps	¹⁴ 16,000 Steps	¹⁵ 18,000 Steps	¹⁶ 17,000 Steps
¹⁷ 15,000 Steps	¹⁸ 19,000 Steps	¹⁹ 14,000 Steps	²⁰ 20,000 Steps	²¹ 15,000 Steps	²² 18,000 Steps	²³ 14,000 Steps
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¹ 20,000 Steps	² 18,000 Steps	³ 20,000 Steps				

Notes

**500,000k steps in total = 208 miles
(strabane to limerick vai driving route)**

Daily step Challenge

Monthly

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3				

Notes

**500,000k steps in total = 208 miles
(strabane to limerick vai driving route)**

500k Step Challenge Plan

Week 1 (Nov 4 - Nov 10) Getting Started Strong!

Let's kick off the challenge with energy! Focus on finding the rhythm that works for you and make daily walking a habit. Remember, every step counts!

Tip: Try adding small walking breaks into your day, whether it's a 5-minute stretch in the morning, lunchtime strolls, or post-dinner steps.

Total Weekly Goal: 118,000 steps

Week 2 (Nov 11 - Nov 17) Step Up the Challenge!

You're settling in, and the momentum is building! Push yourself a little more this week, especially on those higher step days.

Tip: Explore new walking routes to keep it interesting. You could try hiking trails or scenic parks over the weekend for an extra boost.

Total Weekly Goal: 118,000 steps

Week 3 (Nov 18 - Nov 24) Midway Milestone

You're halfway there! Take pride in how far you've come and keep pushing. Those steps are adding up fast, and you're well on your way to the big goal!

Tip: Invite friends or family to join you for a few walks to make it social and fun. Share your progress – it can be motivating to see others cheering you on.

Total Weekly Goal: 117,000 steps

Week 4 (Nov 25 - Dec 1) Challenge Zone

This week has a few higher step days, but you're stronger than ever. Remember why you started and keep moving forward. The finish line is close!

Tip: Use music or podcasts to stay engaged on longer walks. Challenge yourself to hit one of your higher days early in the week to ease up by the weekend.

Total Weekly Goal: 122,000 steps

Final Days (Dec 2 - Dec 3) Finish Strong

The end is in sight, and you're almost there! These last two days are all about giving your best push and celebrating your accomplishment.

Tip: Plan a fun outing or reward for yourself at the end – maybe a celebratory meal or small treat. You've earned it!

Total Final Steps: 38,000 steps