

DoctorJeal Monthly Exercise Challenges

Step It Up June Challenge Scoring Sheet

| TARGET LEVEL | POINTS | TARGET LEVEL | POINTS |
|--------------|----------|-------------------|----------|
| Level 1 | 1 point | Level 4 | 4 points |
| Level 2 | 2 points | Level 5 | 5 points |
| Level 3 | 3 points | Less than level 1 | 0 points |

Not completing the challenge for any day scores 0 points

| DAY | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | LEVEL 5 | ACTUAL STEPS | SCORE |
|----------------------|---------|---------|---------|---------|---------|--------------|-------|
| WEEK 1 | | | | | | | |
| 1 | 4000 | 5500 | 6200 | 6800 | 7600 | | |
| 2 | 4200 | 5775 | 6510 | 7140 | 7980 | | |
| 3 | 4400 | 6050 | 6820 | 7480 | 8360 | | |
| 4 | 4600 | 6325 | 7130 | 7820 | 8740 | | |
| 5 | 4800 | 6600 | 7440 | 8160 | 9120 | | |
| 6 | 5000 | 6875 | 7750 | 8500 | 9500 | | |
| 7 | 5200 | 7150 | 8060 | 8840 | 9880 | | |
| WEEK 1 TOTALS | | | | | | | |
| DAY | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | LEVEL 5 | ACTUAL STEPS | SCORE |
| WEEK 2 | | | | | | | |
| 8 | 5500 | 7562.5 | 8525 | 9350 | 10450 | | |
| 9 | 5800 | 7975 | 8990 | 9860 | 11020 | | |
| 10 | 6100 | 8387 | 9455 | 10370 | 11590 | | |
| 11 | 6400 | 8800 | 9920 | 10880 | 12160 | | |
| 12 | 6700 | 9212 | 10385 | 11390 | 12730 | | |
| 13 | 7000 | 9625 | 10850 | 11900 | 13300 | | |
| 14 | 7300 | 10037 | 11315 | 12410 | 13870 | | |
| WEEK 2 TOTALS | | | | | | | |

Join in at <http://doctorjeal.com/june-stepping-exercise-challenge-stepitupjune/>
DoctorJeal.com

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| DAY | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | LEVEL 5 | ACTUAL STEPS | SCORE |
|----------------------|---------|---------|---------|---------|---------|--------------|-------|
| WEEK 3 | | | | | | | |
| 15 | 7700 | 10587 | 11935 | 13090 | 14630 | | |
| 16 | 8100 | 11137 | 12555 | 13770 | 15390 | | |
| 17 | 8500 | 11687 | 13175 | 14450 | 16150 | | |
| 18 | 8900 | 12237 | 13795 | 15130 | 16910 | | |
| 19 | 9100 | 12512 | 14105 | 15470 | 17290 | | |
| 20 | 9500 | 13062 | 14725 | 16150 | 18050 | | |
| 21 | 9900 | 13612 | 15345 | 16830 | 18810 | | |
| WEEK 3 TOTALS | | | | | | | |
| DAY | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | LEVEL 5 | ACTUAL STEPS | SCORE |
| WEEK 4 | | | | | | | |
| 22 | 10400 | 14300 | 16120 | 17680 | 19760 | | |
| 23 | 10900 | 14987 | 16895 | 18530 | 20710 | | |
| 24 | 11400 | 15675 | 17670 | 19380 | 21660 | | |
| 25 | 11900 | 16362 | 18445 | 20230 | 22610 | | |
| 26 | 12400 | 17050 | 19220 | 21080 | 23560 | | |
| 27 | 12900 | 17737 | 19995 | 21930 | 24510 | | |
| 28 | 13400 | 18425 | 20770 | 22780 | 25460 | | |
| WEEK 4 TOTALS | | | | | | | |

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| DAY | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | LEVEL 5 | ACTUAL STEPS | SCORE |
|----------------------|---------|---------|---------|---------|---------|--------------|-------|
| WEEK 5 | | | | | | | |
| 29 | 14400 | 19800 | 22320 | 24480 | 27360 | | |
| 30 | 15400 | 21175 | 23870 | 26180 | 29260 | | |
| WEEK 5 TOTALS | | | | | | | |

| | | | | | | | |
|--------------------|--|--|--|--|--|--|--------------|
| MONTH TOTAL | | | | | | | |
| RANGES | | | | | | | 0-150 |