

DoctorJeal 28 Day Exercise Challenges

Step 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	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/28-day-step-challenge>
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							
MONTH TOTAL							
RANGES							0-140