

# walk **al** **out**



30-DAY CHALLENGE © [darebee.com](https://darebee.com)

split total reps  
into manageable sets

1 5,000 steps	2 5,500 steps	3 6,000 steps	4 5,000 steps	5 6,500 steps
6 7,000 steps	7 7,500 steps	8 5,000 steps	9 8,000 steps	10 8,500 steps
11 9,000 steps	12 5,000 steps	13 9,500 steps	14 10,000 steps	15 10,500 steps
16 5,000 steps	17 11,000 steps	18 11,500 steps	19 12,000 steps	20 5,000 steps
21 12,500 steps	22 13,000 steps	23 13,500 steps	24 5,000 steps	25 14,000 steps
26 14,500 steps	27 15,000 steps	28 5,000 steps	29 15,500 steps	30 16,000 steps