|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week Daily Steps** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Sat/Sun** | **Weekly Totals** |
| **WEEK 1****track your points each day of the week** |  |  |  |  |  |  |  |
| **WEEK 2** |  |  |  |  |  |  |  |
| **WEEK 3** |  |  |  |  |  |  |  |
| **WEEK 4** |  |  |  |  |  |  |  |

**May 28-June 22 2018**

**Climb your way to better health!**



Healthy UBC sTAFF & fACULTY

**Pick your peak**

**stair challenge**