

September 2026

10K a Day Challenge

Activity Tracker

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Name: Track your actual steps, or step-equivalent each day. Log activity in RunSignup at: https://runsignup.com/login .		1 Steps: Time: Notes:	2 Steps: Time: Notes:	3 Steps: Time: Notes:	4 Steps: Time: Notes:	5 Steps: Time: Notes:
6 Steps: Time: Notes:	7 Steps: Time: Notes:	8 Steps: Time: Notes:	9 Steps: Time: Notes:	10 Steps: Time: Notes:	11 Steps: Time: Notes:	12 Steps: Time: Notes:
13 Steps: Time: Notes:	14 Steps: Time: Notes:	15 Steps: Time: Notes:	16 Steps: Time: Notes:	17 Steps: Time: Notes:	18 Steps: Time: Notes:	19 Steps: Time: Notes:
20 Steps: Time: Notes:	21 Steps: Time: Notes:	22 Steps: Time: Notes:	23 Steps: Time: Notes:	24 Steps: Time: Notes:	25 Steps: Time: Notes:	26 Steps: Time: Notes:
27 Steps: Time: Notes:	28 Steps: Time: Notes:	29 Steps: Time: Notes:	30 Steps: Time: Notes:	31 Steps: Time: Notes:	Step Equivalents: 1 min. of moderate-intensity activity = 100 steps *30 min. moderate activity = 3,000 steps 1 min. of vigorous-intensity activity = 150 steps *30 min. vigorous activity = 4,500 steps Wheelchair Step Conversion Resource	

View your individual/team results and log your activity at this direct link: <https://runsignup.com/Race/Results/98400>