

# SPRING INTO ACTION!



# April

## THRIVING TOGETHER Step Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30 minutes of a consistent non-step workout/activity = 3,000 steps*</b>	<b>*Examples: yoga, gardening, cardio drumming, swimming, etc.</b>	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.
I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.
I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.
I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.
I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.
I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.	I completed 6,000 steps, a qualifying activity to equal 6,000 steps, OR a combination to equal 6,000 steps.			

**DON'T FORGET!  
YOU GET 5 FREEBIE  
DAYS :)**

**Complete your monthly calendar + month-end survey  
to be entered in the drawing to win 1 of 8 Amazon Gift Cards! (\$50 value)  
Refer to <https://www.nwoesc.org/thriving-together-challenge.aspx> for  
more details.**