

V77 Challenges

Step Up/Stairs Challenge

☐ Day 1 1 Min/Flight

☐ Day 2 2 Mins/Flights

☐ Day 3 3 Mins/Flights

Day 4 Rest Day

☐ Day 5 5 Mins/Flights

☐ Day 6 6 Mins/Flights

☐ Day 7 7 Mins/Flights

Day 8 Rest Day

☐ Day 9 9 Mins/Flights

☐ Day 10 10 Mins/Flights

☐ Day 11 11 Mins/Flights

Day 12 Rest Day

☐ Day 13 13 Mins/Flights

☐ Day 14 14 Mins/Flights

☐ Day 15 15 Mins/Flights

Day 16 Rest Day

☐ Day 17 17 Mins/Flights

☐ Day 18 18 Mins/Flights

☐ Day 19 19 Mins/Flights

Day 20 Rest Day

☐ Day 21 21 Mins/Flights

☐ Day 22 22 Mins/Flights

☐ Day 23 23 Mins/Flights

Day 24 Rest Day

☐ Day 25 25 Mins/Flights

☐ Day 26 26 Mins/Flights

☐ Day 27 27 Mins/Flights

Day 28 Rest Day

☐ Day 29 29 Mins/Flights

☐ Day 30 30 Mins/Flights

REMINDERS

Any size step will do!
You can use the step into your house,
the curb, or a step box.
Just make sure it's safe for you to
step up and down on!

NOTES

One flight of stairs is typically **15 steps** on a
stairmaster.

The standard house in the Uk will have on
average **12-13 steps** in a flight.