



Step in to Wellbeing! “Be Active” challenge

BE
ACTIVE



To boost daily physical activity, improve mood, and increase energy through consistent walking, tracking your steps helps build awareness and motivation while encouraging healthy daily habits.

14-Day “Step in to Wellbeing” Challenge!

Step 1: Set Your Goal

Choose a daily step target that suits your current level — e.g.,

- Beginner: 5,000 steps/day
- Intermediate: 7,500 steps/day
- Active: 10,000+ steps/day

Step 2: Track Your Steps Daily

Use a pedometer, fitness watch, or smartphone app.

Step 3: Record Your Progress

Each day, write down your total steps. Add a short reflection (optional) to stay mindful of how being active affects your wellbeing.

You don’t need to run marathons — even small amounts of movement each day make a difference. Every step counts!

Benefits of Being Active

Improves mental wellbeing

Physical activity releases endorphins, which help reduce stress, anxiety, and depression.

Boosts energy and focus

Moving regularly increases your energy levels and helps you concentrate more effectively throughout the day.

Improves sleep quality

A more active day often leads to better rest at night.

Enhances connection

Walking with a friend or joining a group class can strengthen social bonds.

Supports mindfulness

Gentle movement, like walking, can help you slow down and notice the present moment.

Builds confidence

Achieving even small physical goals can improve your self-esteem and sense of achievement.



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Step Tracker

My daily goal = steps

DAY	Steps	Goal Met	How did I feel at the end of the day?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			