IT ALL STARTS WITH

ONE JENIUS

STEP



Client name: _____

Start date: _____



MOVEMBER

10K STEP CHALLENGE

31 days of moving more

Worktowards10,000 stepsaday

This month isn't about perfection.
It's about finding more opportunities to move, building consistency, and making aily movement part of your lifestyle.

LET'S GET MOVING!

HOW THE CHALLENGE WORKS
YOUR NOVEMBER STEP JOURNEY

You don't need to jump straight into 10,000 steps. We're going to build your daily movement gradually.



WEEK 1

6,000 steps/day

Focus: Awareness
Notice how many steps you're currently getting and start looking for easy opportunities to move more.



WEEK 2

7,000 steps/day

Focus: Building the habit
Start adding short intentional walks to your day.



WEEK 3

8,000 steps/day

Focus: Consistency
Look for ways to make walking part of your normal routine.



WEEK 4

9,000 steps/day

Focus: Intentional movement
Plan your walks instead of waiting for movement to happen.



FINISH

10,000 STEPS

Focus: Finish strong

Remember:

Your target is a guide — not a pass/fail test.
If you're currently much lower than 6,000 steps, start from your current baseline and gradually build up.

YOUR 10K STEP FORMULA

YOUDON'T HAVETOWALK 10,000 STEPSATONCE!
Break your movement into smaller pieces throughout the day.

MORNING

2,000 STEPS

Try:
A morning walk
Walking the dog
Walking after breakfast
A podcast + walk
Parking further away
My morning movement:

MIDDAY

3,000 STEPS

Try:
A walk after lunch
Walking during a phone call
Taking the stairs
A walking meeting
10-minute movement breaks
My midday movement:

YOUR 10K STEP FORMULA

EVENING

5,000 STEPS

Try:

An after-dinner walk
Family walk
Walking with your dog
Listening to music while walking
A planned neighbourhood walk
My evening movement:

MY PLAN

The easiest time for me to walk is:

The person I can walk with:

My favourite walking route:

WHERE CAN YOU FIND MORE MOVEMENT?

You don't need to create hours of extra exercise.
Small amounts of movement can add up throughout your day.

AT HOME

- ☐ Walk around while talking on the phone
- ☐ Put on music and move around
- ☐ Take the stairs
- ☐ Walk while waiting for food
- ☐ Do household chores
- ☐ Take a short walk after meals

AT WORK

- ☐ Take a walking break
- ☐ Walk during phone calls
- ☐ Use the stairs
- ☐ Walk to speak to someone instead of messaging
- ☐ Park further away
- ☐ Take a 5–10 minute movement break

WITH FAMILY

- ☐ Family walk
- ☐ Go for a weekend walk
- ☐ Walk while catching up with a friend
- ☐ Walk with the kids
- ☐ Walk the dog



MY 3 EASIEST WINS

1. _____
2. _____
3. _____

COACH'S TIP

Don't rely on motivation.

Attach walking to something you already do.

After lunch → 10-minute walk.
After dinner → 20-minute walk.
Phone call → walk while talking.

Make movement a routine, not a decision you have to make every day.

30 DAYS OF MOVEMENT

N OVEMBER 2026

Tick ✓ when you've reached your target

DATE	TARGET	ACTUAL	✓
NOV 01	6,000	_____	☐
NOV 02	6,000	_____	☐
NOV 03	6,000	_____	☐
NOV 04	6,000	_____	☐
NOV 05	7,000	_____	☐
NOV 06	7,000	_____	☐
NOV 07	7,000	_____	☐
NOV 08	7,000	_____	☐
NOV 09	7,000	_____	☐
NOV 10	7,000	_____	☐
NOV 11	7,000	_____	☐
NOV 12	8,000	_____	☐
NOV 13	8,000	_____	☐
NOV 14	8,000	_____	☐
NOV 15	8,000	_____	☐
NOV 16	8,000	_____	☐
NOV 17	8,000	_____	☐
NOV 18	8,000	_____	☐
NOV 19	9,000	_____	☐
NOV 20	9,000	_____	☐
NOV 21	9,000	_____	☐
NOV 22	9,000	_____	☐
NOV 23	9,000	_____	☐
NOV 24	9,000	_____	☐
NOV 25	9,000	_____	☐
NOV 26	10,000	_____	☐
NOV 27	10,000	_____	☐
NOV 28	10,000	_____	☐
NOV 29	10,000	_____	☐
NOV 30	10,000	_____	☐



MY NOVEMBER NUMBERS

Total steps: _____

Average steps/day: _____

Days I reached my target: ____ / 30

THE FINAL MESSAGE

YOUDIDN'TJUST COUNTSTEPS YOU BUILT A HABIT

Take a moment to look back at where you started.

Maybe you hit 10,000 steps.
Maybe you didn't.

Either way, you've learned something about your routine,
your movement and what works for you.

Remember:

- One lower-step day doesn't erase your progress.
- One missed walk doesn't mean you've failed.
- You can always start again with your next walk.

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