This guide is designed to help you set your stair-climbing challenge goals. Together we can help America’s Healthiest Campus® climb enough stairs to equal Mount Everest. Have fun, increase the amount of activity you do a day, and help your health – Step it Up!

Starting Out
Start the challenge by signing up at http://stepitup.okstate.edu where you can track your stair count and see all of AHC’s progress.

Daily Count Sheet
After registering, you will be able to track your weekly step count. To help you track your daily steps, you can use the daily step tracker that will automatically total your step count and can be copied to your online profile.

Working out your target
First you will need to have an idea of how many flights of stairs you can realistically climb in a week, so that you can work out your own weekly goal and then challenge yourself.

Count and record how many steps you climb each day, for seven days. This is your "Baseline week". What’s the highest number of steps you climbed in any one day? This is your "Daily Steps Target". You should aim to complete this many steps every day.

If it’s too difficult to track individual steps, consider recording the number of flights you climbed. There are 15 steps in an average flight of stairs.

Keep track…and keep going!
Keep a record of the number of floors you climb each day. If you miss your goal, don’t stop. Think of ways to increase the number of steps you climb.

If you reach your goal, challenge yourself to climb a higher stair count. Continue to record the number of flights you climb so that you can see the progress you’re making.

How to work out your target for the Stairwell challenge

What’s the highest number of steps you climbed on any one day in your average week?
___________________ This is your Daily steps target.

Divide your Daily steps target by 15 (the average number of steps in a flight of stairs).
___________________ This is your Daily flight goal.

Multiply your Daily flight goal by 7 (days in a week).
___________________ This is your Weekly flight goal.

Start tracking your progress today at:
http://stepitup.okstate.edu