

# STEP UP FOR MOMS

AFE Foundation 40,000 Step Challenge

WEEK 1	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
3/27 - 4/2								
WEEK 2	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
4/1 - 4/9								
WEEK 3	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
4/10 - 4/16								
WEEK 4	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
4/17 - 4/23								
WEEK 5	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
4/24 - 4/30								
WEEK 6	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
5/1 - 5/7								

6-WEEK TOTAL