



30 DAY beginner's STEP CHALLENGE

DAY 1	500	<input checked="" type="checkbox"/>	DAY 16	3500	<input type="checkbox"/>
DAY 2	500	<input type="checkbox"/>	DAY 17	REST	<input type="checkbox"/>
DAY 3	REST	<input type="checkbox"/>	DAY 18	3500	<input type="checkbox"/>
DAY 4	1000	<input type="checkbox"/>	DAY 19	STRETCH EXERCISES	<input type="checkbox"/>
DAY 5	1000	<input type="checkbox"/>	DAY 20	4000	<input type="checkbox"/>
DAY 6	STRETCH EXERCISES	<input type="checkbox"/>	DAY 21	4500	<input type="checkbox"/>
DAY 7	REST	<input type="checkbox"/>	DAY 22	5000	<input type="checkbox"/>
DAY 8	2000	<input type="checkbox"/>	DAY 23	5500	<input type="checkbox"/>
DAY 9	2000	<input type="checkbox"/>	DAY 24	REST	<input type="checkbox"/>
DAY 10	REST	<input type="checkbox"/>	DAY 25	6000	<input type="checkbox"/>
DAY 11	2500	<input type="checkbox"/>	DAY 26	6500	<input type="checkbox"/>
DAY 12	2500	<input type="checkbox"/>	DAY 27	STRETCH EXERCISES	<input type="checkbox"/>
DAY 13	STRETCH EXERCISES	<input type="checkbox"/>	DAY 28	7000	<input type="checkbox"/>
DAY 14	REST	<input type="checkbox"/>	DAY 29	7500	<input type="checkbox"/>
DAY 15	3000	<input type="checkbox"/>	DAY 30	8000	<input type="checkbox"/>

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