

30-DAY MOVE MORE CHALLENGE

Move through these prompts in any order that fits your day! Challenge yourself to complete all 30, but reaching 20 is a great win!

START HERE 



SET YOUR INTENTION

On your watch, or in the MC app, set your daily step goal for the month.



GRATITUDE WALK

Take a 10-minute walk and think about what you're grateful for.



PARKING LOT PASS

Park as far away as possible and enjoy the extra steps.



WALK & TALK

Call someone you haven't talked to in awhile while walking.



STAIR DAY

Take the stairs whenever you can today.



EARLY BIRD

Take a 15-minute walk before work or your day begins.



MEAL PREP

Take a 10-minute walk after a meal.



WALKING MEETING

Turn one meeting into a walking meeting.



FRESH AIR BREAK

Step outside and move around for 5 minutes.



STEP BOOSTER

Add 1,000 extra steps to your day.



REFLECTION WALK

Take a quiet 10-minute walk to reset.



GRATITUDE WALK

Take a walk, spending the time thinking about what you're grateful for.



3 SONG SHUFFLE

Walk to the length of your 3 favorite songs.



REFILL STEPS

Take a 1-minute walk every time you refill your water or grab coffee today.



STEP SANDWICH

Add a 5-minute walk before AND after lunch.



TREAT YOURSELF

Walk to find a treat, ice cream, candy bar, fresh flowers at market.



FIND A BUDDY

Invite a friend to walk/workout.



MOVE A MILE

Go for a 1-mile walk or run.



STEP CHECK-IN

Have you been meeting your daily goal? Adjust higher or lower.



STRETCH YOUR LEGS

Get up and do 1-minute walking breaks every 2 hours.



THE LONG WAY

Choose the longest route possible to somewhere you're already going.



THE SCENIC ROUTE

Find a new walking path to explore today.



SUNSET STROLL

Take a walk in the evening.



BREAK IT UP

Take two 5-minute walks during the day.



ERRAND WALK

Add a 5-minute walk before or after an errand.



GO TECH-FREE

Take a 5-10 minute walk with no phone or music.



WALK THE BUILDING

Take two laps around your building/house/neighborhood



DANCE JAM

Find your favorite pump up jams and walk or move to the beat.



NATURE WALK

Walk somewhere with trees, grass, or water.



PHOTO WALK

Take a walk and snap one photo of something interesting.