


BIG CITY STAIR CLIMB TRACKER

September 20th - October 31st

NAME:

Complete the number of flights of stairs listed each day to complete the daily challenge. Cross of your days as you go to mark your completion on the daily challenge.

		S	M	T	W	TH	F	S
WK 1	CHICAGO, ILLINOIS	16	16	16	16	16	16	16
WK 2	NEW YORK, NEW YORK	11	11	21	21	21	21	21
WK 3	CANADA	30	30	30	30	30	24	24
WK 4	SEATTLE, WASHINGTON & WASHINGTON DC	25	25	25	25	17	17	17
WK 5	BRAZIL, EGYPT & THAILAND	12	24	24	20	20	20	20
WK 6	FRANCE & ENGLAND	22	22	22	22	22	21	21