

30-Day Stair Climb Challenge

Tracking Form

First and Last Name _____ Department: _____

To participate in the 30-Day Stair Climb Challenge:

- Climb stairs anywhere you find them, anytime between now and February 24.
- Log your stairs climbed using this tracking form.
- Submit your completed form to ssc-health-wellness@cu.edu by **5:00 pm, Friday, February 24.**

Each full week you should aim to climb 1,098 stairs, or an average of 157 stairs per day, for a total of at least 4,710 by February 24. 1,098 stairs is the number of stairs the CU at the Top team will climb at Republic Plaza on February 26 for the American Lung Association Fight for Air Climb.

If you climb all eight stories in 1800 Grant St. each day (160 steps), you will reach the goal.

Date	Thursday 1/26	Friday 1/27	Saturday 1/28	Sunday 1/29				
# of Stairs								
Date	Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3	Saturday 2/4	Sunday 2/5	
# of Stairs								
Date	Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10	Saturday 2/11	Sunday 2/12	
# of Stairs								
Date	Monday 2/13	Tuesday 2/14	Wednesday 2/15	Thursday 2/16	Friday 2/17	Saturday 2/18	Sunday 2/19	
# of Stairs								
Date	Monday 2/20	Tuesday 2/21	Wednesday 2/22	Thursday 2/23	Friday 2/24			
# of Stairs								

To approximate the Republic Plaza experience, climb all eight stories in 1800 Grant seven times in a row (you can stop at the 7th floor the last time around). If you can do this, you are ready for the Fight for Air Climb!