

# Stair Mastery Challenge

‘Virtually climb’ well known mountains or buildings to boost your daily step count

## CHALLENGE DESCRIPTION:

Are you ready to elevate your fitness routine and reach new heights? The Stair Mastery Challenge is designed to boost your cardiovascular health, strengthen your legs, and build endurance—all without needing a gym membership. Whether you’re a beginner looking to get started or a seasoned athlete aiming to add variety to your workouts, this challenge is perfect for you. Lace up your shoes, find a set of stairs, and get ready to climb your way to better health. Let’s make every step count!

## THE CHALLENGE

Keep track of your daily step count using your phone or wearable fitness device. Remember to divide your daily count by 15 to calculate your daily flight count.

### Your 4-Week Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28



# STAIR MASTERY

## Week 1: Set some goals

To begin this challenge, you will first need to figure out how many flights of stairs you think you can climb in a week. This will help you set a goal to challenge yourself. Count and write down how many steps you climb each day for seven days. This week is your starting point or 'baseline week'.

Keep track of the most steps you climb in one day. This number is your daily steps goal. Aim to reach this many steps every day. Instead of counting every single step, count how many flights of stairs you climb. Most staircases have about 15 steps in each flight.

### How to work out your target goal for the Stair Mastery Challenge:

What's the highest number of steps you climb on any one day during your baseline week?

\_\_\_\_\_ this is your daily steps target.

Divide your Daily steps by 15 (the average number of steps in a flight of stairs)

\_\_\_\_\_ this is your daily flight goal.

Multiply your daily flight goal by 7 (days in a week)

\_\_\_\_\_ this is your weekly flight goal

## Week 2: Start your 'virtual climb'

Select a 'virtual climb' from the list of famous mountains and buildings below that closely matches your Weekly Flight goal. For example, if your weekly flight goal is 400, try virtually climbing the CN Tower and the Canary Wharf Tower this week!

## Week 3: Raise the bar

With 2 weeks under your belt, it's time to push yourself to reach new heights. Now choose one or more virtual climbs that equal 2x your Weekly Flight goal. For example, if your weekly flight goal is 400, try virtually climbing 800 flights this week!

## Week 4: Become a true 'Stair Master'

Ready to become the ultimate Stair Master? For your final week, choose one or more that equal 3x your Weekly Flight goal. For example, if your weekly flight goal is 400, try virtually climbing 1200 flights this week!

# STAIR MASTERY

## Virtual Climbs

Virtual Mountains/Buildings	Number of Steps	Number of Flights
Ben Nevis, Scotland	8810	587
Mount Blanc, France	30420	2028
Mont Kilimanjaro, Tanzania	38680	2578
Mount Everest, Nepal	58070	3871
Sydney Opera House, Australia	425	28
Big Ben, England	632	42
Seattle Space Needle, USA	1164	78
Christ the Redeemer, Brazil	330	220
CN Tower, Canada	3500	233
Statue of Liberty, USA	5310	354
Eiffel Tower, France	24,975	1665
Burj Khalifa, Dubai	43,635	2909

## CHALLENGE COMPLETE!

Congratulations on completing the Stair Mastery Challenge! Over the past four weeks, you’ve dedicated yourself to increasing your daily step count. By keeping track of your daily steps and converting them into flight counts, you’ve taken significant strides towards improving your fitness and overall health. While the challenge may be complete, your journey towards better health continues. We hope this challenge has inspired you to prioritize physical activity in your daily life!



# Congratulations on completing the **Stair Mastery** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

