UAMS | Fitness Center

Climb Your Way to Health

The overall goal of this challenge is to get our participants to increase their daily steps and stamina through climbing stairs. The challenge includes recording the steps that you take up to reach the individual goals throughout the program.

Each individual goal has its own requirement for steps. Steps towards one goal do not apply towards the other individual goal sites. However, all cumulative steps can be counted towards the buildup goals. Participants who complete the program will be recognized internally and on social media through UAMS and the UAMS Fitness Center.

Individual Goals	Number of steps to complete
1. Statue of Liberty	377 steps
2. Pinnacle Mountain	1,099 steps
3. 200 Clarendon Tower	1,200 steps
4. Empire State Building	1,576 steps
5. US Bank Building in L. A.	1,664 steps
6. Eiffel Tower	1,665 steps
7. World Trade Center	2,071 steps
8. Sears Tower	2,109 steps
Build up goals	
Mount Kilimanjaro, Tanzania	38,680 steps
Mount Everest, Nepal	58,070 steps

*Steps are based on step averages

[Type text]

UAMS | Fitness Center

Climb Your Way to Health Data Sheet

Participant:		Goal Name:	
Date:	Steps:	Date:	Steps:
Column 1 step total:		**Column 1 & 2 step total:**	

UAMS | Fitness Center

Climb Your Way to Health Data Sheet

Participant:		Goal Name:	
Date:	Steps:	Date:	Steps:
Column 1 step total:		**Column 1 & 2 step total:**	