## STO× <br> 30DAY-CHALLENGE

Stay fit and vital by walking 5,000 steps every day.
\#STOXCHALLENGE @STOXENERGY


DAY 1
5,000
steps

DAY 2
DAY 3
DAY 4
DAY 5
5,000
steps
5,000
steps
5,000
steps

| $\begin{gathered} \text { dAY } 6 \\ 5,000 \\ \text { steps } \end{gathered}$ | $\begin{gathered} \text { DAY } 7 \\ 5,000 \\ \text { steps } \end{gathered}$ | $\begin{gathered} \text { DAY } 8 \\ 5,000 \\ \text { steps } \end{gathered}$ | $\begin{gathered} \text { DAY } 9 \\ 5,000 \end{gathered}$ | $\begin{gathered} \text { DAY } 10 \\ \underset{\text { steps }}{5,000} \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: |
| DAY 11 | DAY 12 | DAY 13 | DAY 14 | DAY 15 |
| $\underset{\text { steps }}{5,000}$ | $5,000$ | $\underset{\text { steps }}{5,000}$ | $5,000$ | $\underset{\text { steps }}{5,000}$ |


| DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 |
| :---: | :---: | :---: | :---: | :---: |
| steps <br> 5,000 | steps | s,000 <br> steps | s,000 | 5,000 |
| steps | 500 |  |  |  |


| DAY 21 | DAY 22 | DAY 23 | DAY 24 | DAY 25 |
| :---: | :---: | :---: | :---: | :---: |
| $5,500$ | $5,000$ <br> steps | $\underset{\text { steps }}{5,000}$ | $\underset{\text { steps }}{5,000}$ | $5,000$ |
| DAY 26 | DAY 27 | DAY 28 | DAY 29 | DAY 30 |
| $5,000$ | $5,000$ | $\underset{\text { steps }}{5,000}$ | $5,000$ | $5,000$ |

