

# STOX

## 30DAY-CHALLENGE

Stay fit and vital bij walking  
16,000 steps a day within 30 days.

#STOXCHALLENGE  
@STOXENERGY



DAY 1 5,000 steps	DAY 2 5,500 steps	DAY 3 6,000 steps	DAY 4 6,500 steps	DAY 5 7,000 steps
DAY 6 7,500 steps	DAY 7 8,000 steps	DAY 8 8,500 steps	DAY 9 9,000 steps	DAY 10 9,500 steps
DAY 11 10,000 steps	DAY 12 10,000 steps	DAY 13 10,000 steps	DAY 14 10,000 steps	DAY 15 10,000 steps
DAY 16 10,000 steps	DAY 17 10,000 steps	DAY 18 10,000 steps	DAY 19 10,500 steps	DAY 20 11,000 steps
DAY 21 11,500 steps	DAY 22 12,000 steps	DAY 23 12,500 steps	DAY 24 13,000 steps	DAY 25 13,500 steps
DAY 26 14,000 steps	DAY 27 14,500 steps	DAY 28 15,000 steps	DAY 29 15,500 steps	DAY 30 16,000 steps