

# STOX

## 30DAY-CHALLENGE

Stay fit and vital bij walking  
8,000 steps a day within 30 days.

#STOXCHALLENGE  
@STOXENERGY



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