



30 DAY advanced STEP CHALLENGE

DAY 1	2000	<input checked="" type="checkbox"/>	DAY 16	7000	<input type="checkbox"/>
DAY 2	3000	<input type="checkbox"/>	DAY 17	8000	<input type="checkbox"/>
DAY 3	4000	<input type="checkbox"/>	DAY 18	9000	<input type="checkbox"/>
DAY 4	5000	<input type="checkbox"/>	DAY 19	10000	<input type="checkbox"/>
DAY 5	6000	<input type="checkbox"/>	DAY 20	REST	<input type="checkbox"/>
DAY 6	7000	<input type="checkbox"/>	DAY 21	5000	<input type="checkbox"/>
DAY 7	REST	<input type="checkbox"/>	DAY 22	6000	<input type="checkbox"/>
DAY 8	5000	<input type="checkbox"/>	DAY 23	7000	<input type="checkbox"/>
DAY 9	6000	<input type="checkbox"/>	DAY 24	8000	<input type="checkbox"/>
DAY 10	7000	<input type="checkbox"/>	DAY 25	9000	<input type="checkbox"/>
DAY 11	8000	<input type="checkbox"/>	DAY 26	10000	<input type="checkbox"/>
DAY 12	9000	<input type="checkbox"/>	DAY 27	STRETCH EXERCISES	<input type="checkbox"/>
DAY 13	STRETCH EXERCISES	<input type="checkbox"/>	DAY 28	5000	<input type="checkbox"/>
DAY 14	5000	<input type="checkbox"/>	DAY 29	7500	<input type="checkbox"/>
DAY 15	6000	<input type="checkbox"/>	DAY 30	10000	<input type="checkbox"/>

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