



STEPtember CHALLENGE 2026



September 1-30, 2026 | Every Step Counts! | Log daily steps on calendar below

Goal: 132,000 total steps during September - an average of 4,400 steps (approximately 2 miles) per day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SurveyMonkey QR Code → 		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Did you reach 132,000 steps? Yes / No		

Total September Steps:	Recognition List: Include my name / Do not include my name
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Submit your final step total through SurveyMonkey https://www.surveymonkey.com/r/STEPtember_Challenge_2026
or email this completed calendar by October 5, 2026, to: doh.injury.prevention.info@alaska.gov.

No screenshots or fitness-device verification are required. Self-reported totals are accepted. Choose walking activities that are safe and appropriate for your abilities and surroundings. Incentives are available while supplies last.

Name: _____

Organization: _____

Age: _____

Email: _____