THE 7-DAY 10K STEPS STARTER GUIDE

A simple, realistic way to move more, build consistency and make walking part of your everyday life.

THE GOAL ISN'T TO CHASE A NUMBER.
It's to build a habit you can keep.

10,000 steps is a useful milestone for many people, but it isn't a magic number or a requirement for being healthy. Your starting point, routine and consistency matter more.

How to use this guide

Start where you are. Follow the seven small actions, adjust the step targets to your current activity, and repeat the week if that helps you build momentum. If you're already active, use the ideas to make your walking routine more consistent.

SMALL WALKS. EVERYDAY WINS.

Before you start

Find your baseline. Then build from it.

For the next day or two, check your usual step count without trying to change it. Use your phone, watch or step-tracking app. That gives you a realistic starting point.

Your usual daily average	_____ steps
A comfortable first increase	+ 500 steps
Your personal next milestone	_____ steps

A simple way to progress

If your current average is well below 10,000, don't jump straight to 10K. Try adding around 500–1,000 steps to your usual day, provided it feels comfortable. Hold that level until it feels manageable, then increase gradually. If you're already near or above 10K, focus on consistency rather than pushing higher.

Make steps fit your day

- Take a short walk after a meal.
- Walk while taking a phone call.
- Park a little farther away or get off transit one stop earlier when practical.
- Take a movement break between long sitting sessions.
- Do a short evening walk with family or a friend.

Remember

You don't have to complete all your steps in one session. A few short walks throughout the day count too.

Your 7-day starter plan

One small action each day. Adapt the step count to your starting point.

DAY 1 — KNOW YOUR STARTING POINT

Track your normal day. Don't force extra steps. Notice when you naturally move and when you spend long periods sitting.

Your usual step count: _____

DAY 2 — ADD A LITTLE MORE

If it feels comfortable, add about 500 steps to your baseline. A short 5–10 minute walk can be enough to get started.

Today's step count: _____

DAY 3 — BREAK IT INTO SMALL WALKS

Try two or three short walks instead of one long session. Attach them to things you already do, like a tea break or a phone call.

Walks completed: _____

DAY 4 — TAKE A POST-MEAL WALK

Add a relaxed 5–10 minute walk after one meal. Keep the pace comfortable; this is about building a repeatable routine.

When did you walk? _____

Your 7-day starter plan

Keep it flexible. A missed day doesn't erase your progress.

DAY 5 — INTERRUPT LONG SITTING

Set a few natural movement moments into your day. Walk around during calls, stretch your legs or take the longer route when convenient.

Movement breaks: _____

DAY 6 — REPEAT WHAT WORKED

Look back at the week. Repeat the walk or habit that fitted your schedule best. Consistency beats a one-day step record.

Best habit to repeat: _____

DAY 7 — REVIEW, DON'T JUDGE

Check your average and how you felt. Choose a realistic target for next week. Keep the increase small enough to sustain.

Next week's target: _____

Your weekly step tracker

Use this page to notice patterns, not to chase perfection. Write down your steps and one thing that helped you move.

Day	Steps	One thing that helped
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

A quick weekly check-in

What made walking easier this week? _____

What got in the way? _____

One small change I'll try next week: _____

YOUR PROGRESS IS MORE THAN A STEP COUNT.

Keep the habit going

A few reminders worth keeping

• **Consistency over perfection:** one low-step day doesn't cancel the week.
• **Make it convenient:** the best walking routine is one that fits your real life.
• **Recover when needed:** rest is part of a sustainable routine.
• **Build gradually:** increase distance or time at a pace that feels comfortable.
• **Make it social:** invite someone along or share a small win.

A note on safety

Choose a pace and route that feel safe and comfortable. Wear suitable footwear, stay hydrated and pay attention to how you feel. If you have a health condition, mobility concern, or symptoms such as chest pain, dizziness or unusual breathlessness, seek appropriate medical advice before increasing activity.

WALK WITH US
Share your daily step count, your small wins and the habits that help you move.

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Created by Lift With Suman

This guide is for general educational purposes. It is not a personalised exercise prescription or a substitute for professional medical advice.