TEDESCO BODY SHOP FITNESS

Run or Walk

FITNESS ADVENT / DECEMBER 1–24, 2026



Pick one daily goal: run distance or total daily steps.

Check off each day you finish.

01 ☐ **0.5 mile** OR 5,000 steps	02 ☐ **1 mile** OR 6,500 steps	03 ☐ **0.75 mile** OR 5,500 steps	04 ☐ **1.5 miles** OR 7,500 steps
05 ☐ **0.5 mile** OR 5,000 steps	06 ☐ **2 miles** OR 8,500 steps	07 ☐ **0.75 mile** OR 6,000 steps	08 ☐ **1.25 miles** OR 7,000 steps
09 ☐ **0.5 mile** OR 5,000 steps	10 ☐ **2.5 miles** OR 9,000 steps	11 ☐ **0.75 mile** OR 6,000 steps	12 ☐ **1.5 miles** OR 7,500 steps
13 ☐ **0.5 mile** OR 5,000 steps	14 ☐ **3 miles** OR 10,000 steps	15 ☐ **0.75 mile** OR 6,000 steps	16 ☐ **1.5 miles** OR 8,000 steps
17 ☐ **0.5 mile** OR 5,000 steps	18 ☐ **3.5 miles** OR 11,000 steps	19 ☐ **0.75 mile** OR 6,000 steps	20 ☐ **1.5 miles** OR 8,000 steps
21 ☐ **0.5 mile** OR 5,000 steps	22 ☐ **4 miles** OR 12,000 steps	23 ☐ **0.5 mile** OR 5,000 steps	24 ☐ **1 mile** OR 6,500 steps

Run or run/walk at an easy pace. Swap to steps on any day.

1% BETTER EVERY DAY