

If your current step count is:	Then your level is:	And your weekly step count targets are:							
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<b>Less than 2000</b>	Level 1	3000	4000	5000	6000	7000	8000	9000	<b>10000</b>
<b>2000 to 3000</b>	Level 2	4000	5500	7000	8000	9000	<b>10000</b>		
<b>3000 to 4000</b>	Level 3	5000	6500	8000	9000	<b>10000</b>			
<b>4000 to 5000</b>	Level 4	6000	7500	9000	<b>10000</b>				
<b>5000 to 6000</b>	Level 5	7000	8000	9000	<b>10000</b>				