

Stair-climb challenge:

A guide for participants

Have fun, increase the amount of activity you do a day, and help your health...take the Stair-climb challenge.

Working out your target

First you will need to have an idea of how many flights of stairs you can realistically climb in a week, so that you can work out your own weekly goal and then challenge yourself.

Count and record how many steps you climb each day, for seven days. This is your 'baseline week'. What's the highest number of steps you climbed in any one day? This is your 'Daily steps target'. You should aim to complete this many steps every day.

It is hard to keep track of the total number of individual steps you should be taking a day, so instead record the number of flights you climbed. There are 15 steps in an average flight of stairs.

Now challenge yourself. Which virtual mountain or building will you climb? Aim to climb a mountain or building that has the same number of

flights as your weekly flight goal. Look at the list below to see the number of flights in a variety of buildings and mountains.

Keep track...and keep going!

Keep a record of the number of flights you climb each day. Have you reached the top of your mountain or building? If you miss your goal, don't stop. Think of ways to increase the number of steps you climb.

If you reach your goal, challenge yourself to climb a higher mountain or a taller building. Continue to record the number of flights you climb so that you can see the progress you're making.

How to work out your target for the Stair-climb challenge

What's the highest number of steps you climbed on any one day in your baseline week?

This is your Daily steps target.

Divide your Daily steps target by 15 (the average number of steps in a flight of stairs).

This is your Daily flight goal.

Multiply your Daily flight goal by 7 (days in a week).

This is your Weekly flight goal.

Virtual Climbs



Virtual mountains	No of steps	No of flights
Slieve Donard, Northern Ireland	5,390	360
Scafell Pike, England	6,180	412
Mount Snowdon, Wales	7,120	475
Ben Nevis, Scotland	8,810	587
Mount Blanc, France	30,420	2,028
Mount Kilimanjaro, Tanzania	38,680	2,578
Mount Everest, Nepal	58,070	3,871

Virtual buildings	No of steps	No of flights
Millennium Dome, England	320	21
Sydney Opera House, Australia	425	28
Clifton Suspension Bridge, England	490	33
Big Ben, England	632	42
Forth Rail Bridge, Scotland	680	45
BT Tower, Birmingham, England	997	66
Blackpool Tower, England	1,036	69
Seattle Space Needle, USA	1,164	78
Canary Wharf Tower, England	1,600	107
Petronas Twin Towers, Malaysia	2,860	190
CN Tower, Toronto, Canada	3,500	233

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Record sheet

Use this record sheet to see the progress you are making. Enter your weekly flight goal and then record your daily and weekly flight totals.

When you reach your goals, reward yourself – for example, with a new pair of walking shoes, a new walking top, a new CD or a trip out for the day. Keep this reward in mind when you need some extra motivation.

Think about the good feelings you experience when you are active and how much you have accomplished.



Virtual mountains	Week 1 Dates:	Week 2 Dates:	Week 3 Dates:	Week 4 Dates:	Week 5 Dates:	Week 6 Dates:
Weekly flight goal						
Virtual climb						
	Number of flights climbed per day					
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Total number of flights climbed this week						