**LaceUp Step Challenges**

We’ve added a new way to walk together all season long.

A fitness tracker is now a part of the Kidney Walk app. You can use it to monitor your steps every day or opt in to one of our suggested challenges. Share your progress and make each step count!

**Getting started is easy:**
Download the Kidney Walk app. Available for both iPhone and Android, choose the challenge that’s right for you.

Ask your friends and family to donate toward your Kidney Walk fundraising goal for every step you’ll be taking on behalf of kidney patients across the country. You can even use the app to help make fundraising even easier.

Our suggested challenges include:

- **1-Day Streak** – The perfect starter-challenge. Simply log your activity for one day. That’s it!

- **5-Day Streak** – Log your steps for five days in a row. This could be a fun team activity to get members working together and holding each other accountable to reach this goal.

- **37-Day Streak** – This is a big one. 37 days for the 37 Million Americans with kidney disease. We recommend starting this one 37 days before Walk Day, so you complete this whopper of a challenge on the biggest day of them all.

- **37,000 Steps** – This very attainable step goal can be achieved over the course of a few days (or one very ambitious day).

- **37-Miles** – We know that 74,000 steps is approximately 37 miles. A mile for each million Americans with kidney disease. This would be a good way to train leading up to Walk Day.

- **370,000 Steps** – This is another ambitious challenge that would require some planning and time. The “37” theme continues here and we hope it resonates with every step. We also like this challenge for any of our runners who are planning to LaceUp this year.