

# 14ER

# STAIR CHALLENGE

Name \_\_\_\_\_

Round \_\_\_\_

Day 1	# of sets*	# of stairs in building	total stairs
AHSB		x 375 =	
ED1, ED2, SKAGGS		x 230 =	
RC1S & RC2		x 600 =	
RC1N		x 450 =	
Strauss		x 120 =	
Fitzsimmons		x 290 =	
other stairs			
		Todays total:	

\*1 set is going up and down all flights of stairs in the building

Day 2	# of sets*	# of stairs in building	total stairs
AHSB		x 375 =	
ED1, ED2, SKAGGS		x 230 =	
RC1S & RC2		x 600 =	
RC1N		x 450 =	
Strauss		x 120 =	
Fitzsimmons		x 290 =	
other stairs			
		Todays total:	

\*1 set is going up and down all flights of stairs in the building

Day 3	# of sets*	# of stairs in building	total stairs
AHSB		x 375 =	
ED1, ED2, SKAGGS		x 230 =	
RC1S & RC2		x 600 =	
RC1N		x 450 =	
Strauss		x 120 =	
Fitzsimmons		x 290 =	
other stairs			
		Todays total:	

\*1 set is going up and down all flights of stairs in the building

Day 4	# of sets*	# of stairs in building	total stairs
AHSB		x 375 =	
ED1, ED2, SKAGGS		x 230 =	
RC1S & RC2		x 600 =	
RC1N		x 450 =	
Strauss		x 120 =	
Fitzsimmons		x 290 =	
other stairs			
		Todays total:	

\*1 set is going up and down all flights of stairs in the building

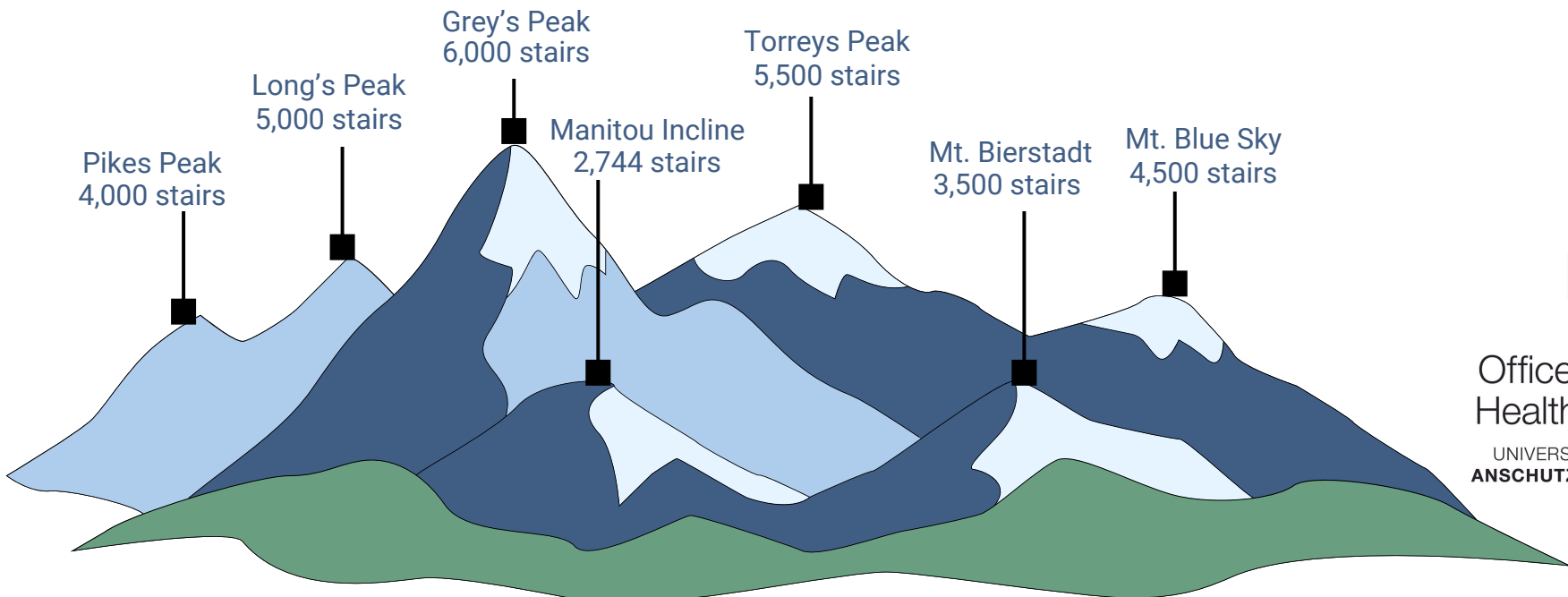
# 14ER STAIR CHALLENGE

Day 5	# of sets*	# of stairs in building	total stairs
AHSB		x 375 =	
ED1, ED2, SKAGGS		x 230 =	
RC1S & RC2		x 600 =	
RC1N		x 450 =	
Strauss		x 120 =	
Fitzsimmons		x 290 =	
other stairs			
		Todays total:	

\*1 set is going up and down all flights of stairs in the building

## All 3 Rounds:

	Day 1	Day 2	Day 3	Day 4	Day 5	total
Round 1 Feb 10-14						
Round 2 Feb 17-21						
Round 3 Feb 24-28						
Grand total:	X	X	X	X	X	



Office of Student Health Promotion

UNIVERSITY OF COLORADO  
ANSCHUTZ MEDICAL CAMPUS