

URBAN ASCENT®

FOUR WEEKS. FOUR CITIES. FOUR ICONIC CLIMBS.

MY JOURNEY



PARIS



NEW YORK



SHANGHAI



DUBAI

WEEK 1

PARIS

OCT 5 - OCT 11

WEEKLY GOAL: **37,020** STEPS

DAY	STEPS
Mon 10/5	
Tue 10/6	
Wed 10/7	
Thu 10/8	
Fri 10/9	
Sat 10/10	
Sun 10/11	

WEEK 1 TOTAL

CITY COMPLETE: ☐ Step Goal ☐ Bonus Challenge

CITY STAMP



WEEK 2

NEW YORK

OCT 12 - OCT 18

WEEKLY GOAL: **38,682** STEPS

DAY	STEPS
Mon 10/12	
Tue 10/13	
Wed 10/14	
Thu 10/15	
Fri 10/16	
Sat 10/17	
Sun 10/18	

WEEK 2 TOTAL

CITY COMPLETE: ☐ Step Goal ☐ Bonus Challenge

CITY STAMP



WEEK 3

SHANGHAI

OCT 19 - OCT 25

WEEKLY GOAL: **40,620** STEPS

DAY	STEPS
Mon 10/19	
Tue 10/20	
Wed 10/21	
Thu 10/22	
Fri 10/23	
Sat 10/24	
Sun 10/25	

WEEK 3 TOTAL

CITY COMPLETE: ☐ Step Goal ☐ Bonus Challenge

CITY STAMP



WEEK 4

DUBAI

OCT 26 - NOV 1

WEEKLY GOAL: **58,064** STEPS

DAY	STEPS
Mon 10/26	
Tue 10/27	
Wed 10/28	
Thu 10/29	
Fri 10/30	
Sat 10/31	
Sun 11/1	

WEEK 4 TOTAL

CITY COMPLETE: ☐ Step Goal ☐ Bonus Challenge

CITY STAMP



Submit your actual weekly steps online at the end of each week. If you are below the goal, a Bonus Challenge will appear after submission and gives you another way to complete the city.