Upcoming Challenges

Start Your Journey

Choose one of four virtual journeys each month that aligns best with your daily goal, and log your steps and activity with the 10,000 Steps Monthly Challenge.

Track your progress towards your goals with solo challenges each month!

10,000 Steps Monthly Challenges are a great way to stay accountable, achieve your personal step and activity goals, or build a daily walking habit.

Want to see how your steps compare to others?

Opt-in to the members-only Monthly Challenge Leaderboard to log your steps alongside Australia and the world.

Bonus: All Australian members who log at least 1000 steps in any Monthly Challenge January - November have a chance to win! (T&Cs apply)



Stepping the Steppe
October 1st - 31st
Mongolia

This October, we begin a three-part journey through the great Eurasian Steppe, starting in remote Mongolia.



Stepping the Steppe
November 1st - 30th
Kazakhstan

This November, we continue our journey across the Eurasian Steppe, travelling through vast Kazakhstan.



Stepping the Steppe
December 1st - 31st
Kyrgyzstan

This December, we conclude our journey through the Eurasian Steppe, discovering vibrant Kyrgyzstan.



O Canada
January 1st - 31st
Eastern Canada

This January, we begin a three-part journey through Canada, exploring historic Eastern Canada.

Join any time. Find out more:

Access online 10000steps.org.au

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