

	Number of steps climbed
Friday	
Saturday	
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	

A way to help if you don't want to count 1 step at a time.

Average, is 15 steps to go up one flight of stairs.

So if you go up your stairs 10 times. $15 \times 10 = 150$ steps .

At that rate, you'd have to go up your stairs 42 times to get to the top of Elizabeth Tower to see Big Ben.