

**Scott County
Administration Building Cheat Sheet**

West Stairwell	East Stairwell
1 st Floor to Outside Door = 9 steps	1 st Floor to Outside Door = 7 Steps
Outside Door to 2 nd Floor = 9 steps	Outside Door to 3 rd Floor = 35 Steps
1 st Floor to 2 nd Floor = 18 steps	1 st Floor to 3 rd Floor = 42 Steps
2 nd Floor to 3 rd Floor = 24 steps	3 rd Floor to 4 th Floor = 16 Steps
3 rd Floor to 4 th Floor = 16 steps	4 th Floor to 5 th Floor = 16 Steps
4 th Floor to 5 th Floor = 16 steps	5 th Floor to 6 th Floor = 16 Steps
5 th Floor to 6 th Floor = 16 steps	
Total of 90 Steps	Total of 90 Steps

Looking for Daily Motivation?

- There are **90 stairs** in both the east and west stairwells.
- If you climb **5 “sets”** a working day, you will have climbed **450 steps up**, not including routine climbing.

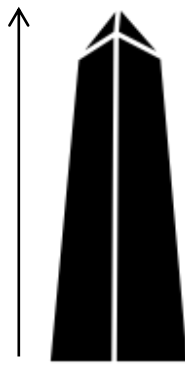
But you have 24 Working Days!!

- There are **24 working days** in March.
- Climbing each working day of the month gives you **120 “sets”** at 90 steps a set... **10,800 steps up**.

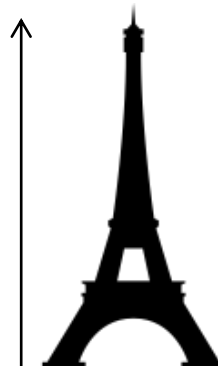
What does 10,800 Steps up Equal???



Statue of Liberty
10 times



Washington Monument
2.5 times



Eiffel Tower
1.5 times



Willis (Sears) Tower
1 time