

Steps Tracker

Name: _____

DATE	STEPS	DATE	STEPS	DATE	STEPS
4/18	<input type="checkbox"/> EXTRA STEPS	5/2	<input type="checkbox"/> EXTRA STEPS	5/16	<input type="checkbox"/> EXTRA STEPS
4/19	<input type="checkbox"/> EXTRA STEPS	5/3	<input type="checkbox"/> EXTRA STEPS	5/17	<input type="checkbox"/> EXTRA STEPS
4/20	<input type="checkbox"/> EXTRA STEPS	5/4	<input type="checkbox"/> EXTRA STEPS	5/18	<input type="checkbox"/> EXTRA STEPS
4/21	<input type="checkbox"/> EXTRA STEPS	5/5	<input type="checkbox"/> EXTRA STEPS	5/19	<input type="checkbox"/> EXTRA STEPS
4/22	<input type="checkbox"/> EXTRA STEPS	5/6	<input type="checkbox"/> EXTRA STEPS	5/20	<input type="checkbox"/> EXTRA STEPS
4/23	<input type="checkbox"/> EXTRA STEPS	5/7	<input type="checkbox"/> EXTRA STEPS	5/21	<input type="checkbox"/> EXTRA STEPS
4/24	<input type="checkbox"/> EXTRA STEPS	5/8	<input type="checkbox"/> EXTRA STEPS	5/22	<input type="checkbox"/> EXTRA STEPS
4/25	<input type="checkbox"/> EXTRA STEPS	5/9	<input type="checkbox"/> EXTRA STEPS	5/23	<input type="checkbox"/> EXTRA STEPS
4/26	<input type="checkbox"/> EXTRA STEPS	5/10	<input type="checkbox"/> EXTRA STEPS	5/24	<input type="checkbox"/> EXTRA STEPS
4/27	<input type="checkbox"/> EXTRA STEPS	5/11	<input type="checkbox"/> EXTRA STEPS	5/25	<input type="checkbox"/> EXTRA STEPS
4/28	<input type="checkbox"/> EXTRA STEPS	5/12	<input type="checkbox"/> EXTRA STEPS	5/26	<input type="checkbox"/> EXTRA STEPS
4/29	<input type="checkbox"/> EXTRA STEPS	5/13	<input type="checkbox"/> EXTRA STEPS	5/27	<input type="checkbox"/> EXTRA STEPS
4/30	<input type="checkbox"/> EXTRA STEPS	5/14	<input type="checkbox"/> EXTRA STEPS		
5/1	<input type="checkbox"/> EXTRA STEPS	5/15	<input type="checkbox"/> EXTRA STEPS		

Total Number of Steps Per Week

Week #1: 4/18 - 4/24 _____

Week #2: 4/25 - 5/1 _____

Week #3: 5/2 - 5/8 _____

Week #4: 5/9 - 5/15 _____

Week #5: 5/16 - 5/22 _____

Week #6: 5/23 - 5/27 _____

Track Your Steps By:

- Using a Fitness Tracker
 - Fitbit, Apple Watch, Health App on phone
- Time spent moving or exercising
 - 5 minutes = 500 steps
 - 10 minutes = 1,000 steps
 - 1 mile = 2,250 steps
 - 5 miles = 10,000 steps

Earn Extra Steps by Taking a Selfie

(One Time Per Week)

- You or your team moving
 - (5,000 extra steps)
- Running/walking in a 5K race of any kind
 - (10,000 extra steps)
- Eating a healthy meal
 - (5,000 extra steps)
- Visit your local farmers market
 - (5,000 extra steps)

