

Daily Step Recorder



Step 1: Simply wear your pedometer every day of the week and record how many steps you've taken at the end of the day. **Don't forget to convert your activities to steps using the conversion chart!**

Step 2: Every Monday, add up your **total steps from your top 5 days** and report that number.

Step 3: Meet the weekly step goal to be entered into a raffle drawing for the grand prize!

WEEKLY STEP GOALS

- Week 1 - 35,000 Steps
- Week 2 - 40,000 Steps
- Week 3 - 45,000 Steps
- Week 4 - 50,000 Steps
- Week 5 - 55,000 Steps
- Week 6 - 60,000 Steps

Record your daily steps in the spaces provided.

	Week 1 (4/5 - 4/11)	Week 2 (4/12- 4/18)	Week 3 (4/19 - 4/25)	Week 4 (4/26- 5/2)	Week 5 (5/3- 5/9)	Week 6 (5/10- 5/16)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
TOP 5 DAYS TOTAL STEPS						

Don't forget!

1. Add up your **top five days and report that number each week!**
2. Wear sunscreen when walking and exercising outside.
3. Stay hydrated.
4. **HAVE FUN!**

