

**Taking Steps to Stop the Silence**

If you don’t have a pedometer, you can track your steps by minutes!

**30 minutes = 5000 steps**

After 5000 steps, fill out a ballot with your name and put it on the wall under   
“Taking Steps to Stop the Silence”

At the end of the challenge, there will be a random draw for prizes!

How can you track your steps?

1) Pedometer

1. FitBit, Garmin, Jawbone
2. Phone apps
   1. Android:
3. Pedometer (Tayutau)
4. Noom Walk Pedometer
5. Pedometer & Weight Loss Coach (Pacer Health)
6. Google Fit
7. Runtastic
   1. iPhone:
8. Pacer
9. Argus
10. Map My Walk
11. Pedometer++
12. Runtastic
13. Stepz

For this challenge, you can work individually or as a team to accumulate as many walking steps as you can!