

# STEP IT UP CHALLENGE

SCORE CARD – WEEKS 1 & 2

**NAME:** \_\_\_\_\_

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTALS
<b>WEEK 1</b> Number of Steps								
<b>WEEK 2</b> Number of Steps								

The best method to count steps for this challenge is by using a simple pedometer or a wearable device such as a FitBit or Smartwatch or an app on your phone. Record a reading from pedometer or app of choice. Total your steps at the end of the week.

Should you opt out of the use of a device use the following conversion for a step tally estimate:

ACTIVITY (AVERAGE SPEED)	APPROXIMATE STEPS PER MINUTE
Walking	100
Climbing Stairs	89
Running/Jogging	200
Hiking	155

# STEP IT UP CHALLENGE

SCORE CARD – WEEKS 3 & 4

**NAME:** \_\_\_\_\_

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTALS
<b>WEEK 3</b> Number of Steps								
<b>WEEK 4</b> Number of Steps								

The best method to count steps for this challenge is by using a simple pedometer or a wearable device such as a FitBit or Smartwatch or an app on your phone. Record a reading from pedometer or app of choice. Total your steps at the end of the week.

Should you opt out of the use of a device use the following conversion for a step tally estimate:

ACTIVITY (AVERAGE SPEED)	APPROXIMATE STEPS PER MINUTE
Walking	100
Climbing Stairs	89
Running/Jogging	200
Hiking	155