

STEP IT UP

Challenging You to Move!



NAME: _____

GRAND TOTAL: _____

TRACKING LOG

WEEK 1							TIME or STEPS	WEEK 2						
Mon	Tue	Wed	Thu	Fri	Sat	Sun		Mon	Tue	Wed	Thu	Fri	Sat	Sun
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
TOTAL STEPS FOR WEEK 1:								TOTAL STEPS FOR WEEK 2:						

Although variables such as height, weight, age, gender, terrain, and speed contribute to determining actual steps, the following conversion table will be used to calculate step values for this challenge.

TIME-TO-STEPS CONVERSION TABLE

WALK OR HIKE	TIME (MINUTES)	IS EQUIVALENT TO	STEPS	TIME (MINUTES)	IS EQUIVALENT TO	STEPS	RUN
			10			1,125	
	15		1,685	15		2,625	
	30		3,375	30		5,250	
	45		5,065	45		7,875	
	60		6,750	60		10,500	



* Consult your health care professional before beginning any exercise program *

