



Week 0 EXAMPLE			Goal: 10,000 steps/day OR 50,000 steps/week								
Activity:			Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Number of Steps:		8750	9300	5500	2600	8750			34900	50200
Other Activity:	Minutes/Miles	Conversion	Converted Steps (minutes x conversion)								
1: swimming	30	150			4500					4500	
2: aerobic class	45	200							9000	9000	
3: bike riding	15	120				1800				1800	

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