



Week 1 EXAMPLE			Goal: <u>45,000</u> steps per week								
Activity:			Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Number of Steps:		8750	9300	5500	2000	8500			34050	47550
Other Activity:	Minutes/Miles	Conversion	Converted Steps (minutes x conversion)								
1: swimming	30	150			4500					4500	
2: aerobic class	45	150							6750	6750	
3: bike riding	15	150				2250				2250	



WELLNESS



WELLNESS

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