

WELLNESS

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





Week 1			Goal:		:	steps pe	er week				
Activity:			Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	Daily Number of Steps:									
Other Activity:	Minutes/Miles	Conversion		Con	verted Ste	ps (minute	es x conve	rsion)			
1:											
2:											
3:											

Week 2			Goal:			steps pe	er week				
Activity:				Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	r of Steps:									
Other Activity:	Minutes/Miles	Conversion	Converted Steps (minutes x conversion)								
1:											
2:											
3:											

Week 3			Goal:		;	steps pe	er week				
Activity:				Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	r of Steps:									
Other Activity:	Minutes/Miles	Conversion		Converted Steps (minutes x conversion)							
1:											
2:											
3:											

Week 4			Goal:			steps p	er week				
Activity:				Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	r of Steps:									
Other Activity:	Minutes/Miles	Conversion		Converted Steps (minutes x conversion)							
1:											
2:											
3:											





Week 5			Goal:			steps p	er week				
Activity:			Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	r of Steps:									
Other Activity:	Minutes/Miles	Conversion	Converted Steps (minutes x conversion)								
1:											
2:											
3:											

Week 6			Goal:			steps pe	er week				
Activity:				Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	r of Steps:									
Other Activity:	Minutes/Miles	Conversion		Converted Steps (minutes x conversion)							
1:											
2:											
3:											

Week 7			Goal:			steps pe	er week				
Activity:		Dett. Marken of Store		Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	er of Steps:									
Other Activity:	Minutes/Miles	Conversion		Con	verted Ste	ps (minute	es x conve				
1:											
2:											
3:											

Week 8			Goal:								
Activity:			Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Number of Steps:										
Other Activity:	Minutes/Miles	Conversion	Converted Steps (minutes x conversion)								
1:											
2:											
3:											





Week 9			Goal:			steps p	er week				
Activity:			Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	er of Steps:									
Other Activity:	Minutes/Miles	Conversion	Converted Steps (minutes x conversion)								
1:											
2:											
3:											

Week 10			Goal:			steps pe	er week				
Activity:				Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	er of Steps:									
Other Activity:	Minutes/Miles	Conversion	Converted Steps (minutes x conversion)								
1:											
2:											
3:											

Week 11			Goal:			steps pe	er week				
Activity:				Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	er of Steps:									
Other Activity:	Minutes/Miles	Conversion		Converted Steps (minutes x conversion)							
1:											
2:											
3:											

Week 12			Goal: steps per week									
Activity:			Sun	Mon	lues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly	l ofal:
Walking	Daily Number of Steps:											
Other Activity:	Minutes/Miles	Conversion	Converted Steps (minutes x conversion)									
1:												
2:												
3:												