

Step/Mile/Km Tracking Chart

You will be keeping track of the following things:

- Activity/Class done
- the length of time you worked out
- steps per minute
- total "steps"

Step conversion charts are posted at the front and on the website.

Name _____

Date	Activity/class	How long	Steps per minute	Total "Steps"

TURN IN WEEKLY OR ON THE WEBSITE TO TRACK YOUR PROGRESS WITH THE OTHER PARTICIPANTS!