

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|--------------|
| Steps: | Steps: | Steps: | Steps: | Steps: | Steps: | TOTAL Steps: |
| Steps: | Steps: | Steps: | Steps: | Steps: | Steps: | TOTAL Steps: |
| Steps: | Steps: | Steps: | Steps: | Steps: | Steps: | TOTAL Steps: |
| Steps: | Steps: | Steps: | Steps: | Steps: | Steps: | TOTAL Steps: |
| Steps: | Steps: | Steps: | Steps: | Steps: | Steps: | TOTAL Steps: |
| Steps: | Steps: | Steps: | Steps: | Steps: | Steps: | TOTAL Steps: |

If you enjoy activities besides walking, you can still get your steps in!!

Use the information below to determine how many steps based on how long you did an activity.

Activity and equivalent steps- based on 1 minute of activity. Multiply the steps by the number of minutes you complete an activity and log on chart above.

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|-----------------------|-----------|----------------|-----------|----------------|-----------|
| Aerobic Fitness Class | 181 steps | Snow shoveling | 145 steps | Weight Lifting | 67 steps |
| Backpacking | 181 steps | Snow skiing | 145 steps | Mowing lawn | 120 steps |
| Baseball | 130 steps | Light/moderate | 109 steps | Yark Work | 89 steps |
| Basketball | 130 steps | Sledding | 158 steps | Shopping | 70 steps |
| Bicycling (moderate) | 170 steps | Snowboarding | 182 steps | Yoga | 45 steps |
| Bowling | 71 steps | Snowshoeing | 181 steps | | |
| Canoeing | 91 steps | Soccer | 181 steps | | |
| Cooking | 61 steps | Spinning | 200 steps | | |
| Dancing | 109 steps | Stretching | 15 steps | | |
| Housework | 71 steps | Swimming | 174 steps | | |
| Hiking | 172 steps | Vacuuming | 94 steps | | |
| Kayaking | 152 steps | Volleyball | 91 steps | | |