

YOU COUNT AND YOUR STEPS COUNT CHALLENGE

Individual Step/activity tracker

30 minutes of other exercise equals 5000 steps. Don't double dip—turn off pedometer during other exercise!!

Name: _____

Team Captain: _____

Team/facility: _____

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	total
Sept 28								
Oct. 5								
Oct. 12								
Oct. 19								
Oct.26								
Nov 2.								

WEEK ONE: Site with the highest percentage of sign-ups

WEEK TWO: School with the highest number of STEPS

WEEK THREE: Team with the most STEPS

WEEK FOUR: School with the most STEPS

WEEK FIVE: Team with the most STEPS

Week 6: **THE FINAL ACCOUNTING:** Gathering week of Nov. 16, info to follow

Most active School, 1st, 2nd and 3rd place Team