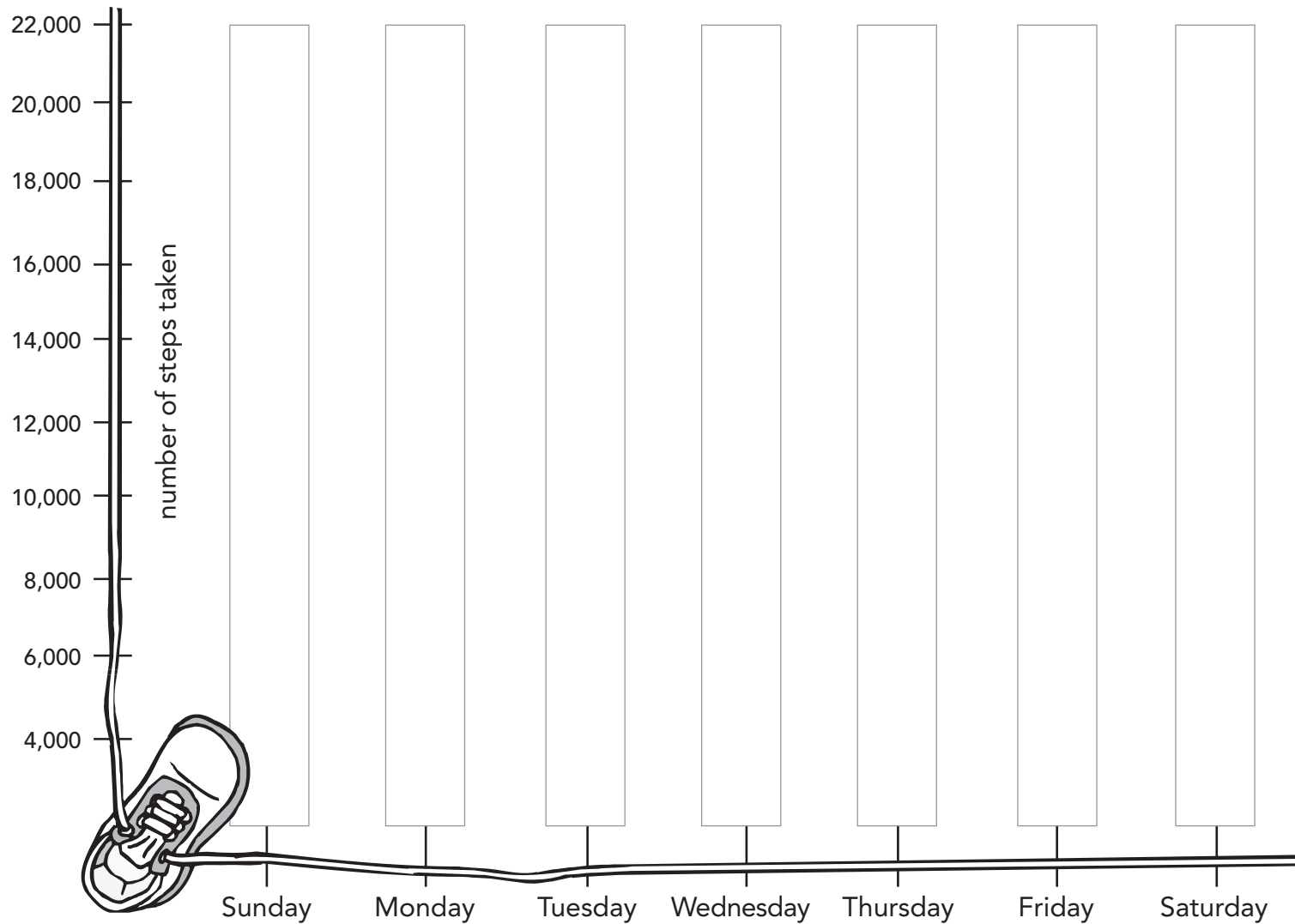




COLOR YOUR PROGRESS!



The average child takes 16,000-18,000 steps per day. The goal of this program is to slowly increase the number of steps you take each day to give you a healthier life.

Chart your progress for one week. Color in each bar and see how many steps you have taken each day.

Make it fun ... how many steps is it to the car? to your classroom? to your friend's house?

How many steps for the week? _____