

Pedometer Challenge

Your individual step count sheet

Every step counts



Mission
is GO!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week 1
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Week 2
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Week 3
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Week 4



HEALTH
AT WORK

Overall total