**Name (1st and last)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Pedometer Tracker**

**Approximate Step Equivalent**

* 600 steps=1/4 of a mile
* 1200 steps=1/2 mile
* 1800 steps=3/4 of a mile
* 2400 steps=1 mile

|  |  |
| --- | --- |
| DATE | Number of steps counted on pedometer |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |