





## Walking Challenge

Week 1			
Activity	How many or how long	How many days	Instructions
Walking Challenge  	All Day	2 days/wk	<p>Walking is one of the simplest ways you can get active and promote a healthy heart! We have given you a small device which you can wear each day to see how many steps you take in a given day. This small device is called a pedometer.</p> <p><i>For this week, we encourage you to wear the pedometer for 1 day at school and 1 day on the weekend. Record how many steps you take on those 2 days below:</i></p> <p># of Steps on Weekday: _____</p> <p># of Steps on Weekend Day: _____</p> <p>It is important to write down how steps you take during those days because you will be using those numbers in future weeks (for other weeks in this month's activity plan!).</p> <p><b><i>Want to challenge someone in your family?</i></b>            During this week, challenge someone in your family to wear the pedometer on 1 weekday and 1 weekend day. See who takes more steps during their day!</p>

Week 2			
Activity	How many or how long	How many days	Instructions
Walking Challenge  	All Day	4 days/wk	<p>For this week, we encourage you to wear it for 2 days at school and 2 days on the weekend. <b>However, for this week, we challenge you to take an extra 300 steps during each day.</b></p> <p>Can you think of ways to increase the number of steps you take on each of those days? <i>(Ideas: walking to school, walking upstairs instead of taking an elevator, going with your family on a hike)</i></p> <p><i>Record how many steps you take on those 4 days below:</i></p> <p>Number of Steps on Weekdays: _____</p> <p>Number of Steps on Weekend Days: _____</p>

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Week 3			
Activity	How many or how long	How many days	Instructions
Walking Challenge  	All Day	4 days/wk	For this week, we encourage you to wear it again for 2 days at school and 2 days on the weekend. However, for this week, we challenge you to take 100 steps more than you did last week during each day. Can you think of ways to increase the number of steps you take every day? <i>(Ideas: walking to school, walking upstairs more often, going with your family on a hike, walking a dog)</i> <i>Record how many steps you take on those 4 days below:</i>  Number of Steps on Weekdays: _____ Number of Steps on Weekend Days: _____

Week 4			
Activity	How many or how long	How many days	Instructions
Walking Challenge  	All Day	4 days/wk	For this week, we encourage you to wear it again for 2 days at school and 2 days on the weekend. However, for this week, we challenge you to take 100 steps more than you did last week during each day. Can you think of ways to increase the number of steps you take every day? <i>(Ideas: walking to school, walking upstairs more often, going with your family on a hike, walking a dog)</i> <i>Record how many steps you take on those 4 days below:</i>  Number of Steps on Weekdays: _____ Number of Steps on Weekend Days: _____