

*Are you ready for a challenge?*

# Take the 10,000 Step Challenge

*You will need a pedometer  
and good walking shoes.  
Buddy with someone else or  
do it in teams.  
Keep a log of your daily steps.*



### Walking Challenge – Weekly Step Log

Name ..... Team .....

Walk and write in your daily totals below

**Week 1**

<b>Day</b>	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>No. of steps</b>							

Total Number of Steps \_\_\_\_\_