

[]'s Challenge

I challenge myself to walk

Use this sheet to record your daily steps. To convert your steps into miles you will need to do some simple maths. Follow the instructions on the next page.

[] miles
Well done for reaching
your first goal!
How do you feel?

START HERE

[] miles
Almost there!
What are the most steps
you have taken in one day?

FINISH!
CONGRATULATIONS!

[] miles

[] miles
Keep going! What's been
your favourite walk so far?

How do I convert my steps into miles?

- We will estimate that 2,000 steps is about 1 mile
- Number of steps \div 2,000 = total miles

Here are a few examples:

- 11,000 steps \div 2000 = 5.5 miles
- 84,000 steps \div 2000 = 42 miles

Record Sheet

Weeks	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Steps	Total Miles
1*									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									

*this is your baseline week.

 Don't forget you can scan or take a photograph of this page and upload as evidence to eDoE