

# School Day STEP TRACKING WITH RISE VT

Name: \_\_\_\_\_

Week	Mon.	Tues.	Wed.	Thur.	Fri.	Weekly Total
1						
2						
3						
4						
5						
6						
7						
8						

### Track Your Steps!

1. Reset your pedometer to 0
2. Place Pedometer on hip
3. Track your steps throughout your school day
4. At the end of the day, record the total number of steps taken on this tracking sheet.
5. Add up the total number of steps each day.