



every step counts

f. organizer's chart

<<your team or classroom name>>

commit to be fit progress chart

	Week 1		Week 2		Week 3		Week 4	
	time/steps	miles	time/steps	miles	time/steps	miles	time/steps	miles
Class total								
Walker of the Week	Name:		Name:		Name:		Name:	
Highest student total	Name: Total:		Name: Total:		Name: Total:		Name: Total:	

	Week 5		Week 6		Week 7		Week 8	
	time/steps	miles	time/steps	miles	time/steps	miles	time/steps	miles
Class total								
Walker of the Week	Name:		Name:		Name:		Name:	
Highest student total	Name: Total:		Name: Total:		Name: Total:		Name: Total:	

30 minutes = 2 miles

2000 steps = 1 mile