



BECONNECTED STEP INTO FALL CHALLENGE



JOIN BECONNECTED THIS FALL WITH OUR STEP CHALLENGE!



Keep track of the number of steps you take each day by using your smart phone, pedometer, or by using the attached step conversion guide to convert various activities into steps.

For those using a wheelchair, track the distance wheeled and convert 1km = 1250 steps

Enter your step total for each day below. Submit to your Coordinator or Head Office by October 21st for the chance to win a prize!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PARTICIPANT NAME:				Sept. 1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	Oct. 1
2	3	4	5	6	7	8
9	10	11	12	13	14	TOTAL STEPS: