

BECONNECTED FIT IN FITNESS MONTH STEP CHALLENGE

JOIN BECONNECTED THIS MAY FOR OUR FOURTH "FIT-IN-FITNESS" MONTH 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 **June 8th** for the chance to win a prize!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PARTICIPANT NAME:					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
31					TOTAL STEPS:	