





















# “Every Step Counts”

## Record Card- Four weeks

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

Class: \_\_\_\_\_

- Colour in a foot for each day of the week you walk or run. If you can record how many steps you took as well with the help of your Fitbit or a parent’s phone.
- Start with Monday and so on.
- If you miss a day walking/running do not colour in the foot for that day.
- Once you reach the end of the week count the number of feet you have coloured in or steps recorded and put that number in the “total” box at the end.
- Make sure your feet are nice and colourful and try to have as many as you can.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Week 1						
Week 2						
Week 3						
Week 4						

# 4 weeks

Total						
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