



## Davis Odd Fellows Walk Challenge

**Directions:** Using a pedometer, each team member will track their steps walked during a week. Every Monday following the initial week, team members will turn their completed Weekly Steps Log by emailing Sharla Cheney, shcheney@gmail.com, who will turn log them into the master spreadsheet. Weekly updates will be sent to the members.

Weekly Steps Log		
Name:		
Step goal this week:		
Day of Week	Date	# of Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
		<b>Total steps: 0</b>

\*\*Each member is on the honor system for tracking their steps.

### Walking Steps Equivalents

1 mile = 2100 average steps

1 block = 200 average steps

10 minutes of walking = 1200 steps on average