



**How to use: Record your daily activity below and calculate monthly totals**

Steps: log your steps walked each day

Other: convert other activity to steps

*Note: every 1 minute of moderate activity = 100 steps and*

*every 1 minute of vigorous activity = 200 steps*

Total steps: add daily steps and steps from other activities to get your daily total

TOTAL: at the end of each week calculate your totals and overall total for the week!

Moderate e.g. mowing the lawn, brisk walking, digging in the garden, medium paced swimming and cycling.

Vigorous e.g. jogging, fast cycling, shovelling snow, aerobics and active sports such as football, squash and basketball.

DAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
WEEK 1	STEPS								
	OTHER								
	TOTAL STEPS								
WEEK 2	STEPS								
	OTHER								
	TOTAL STEPS								
WEEK 3	STEPS								
	OTHER								
	TOTAL STEPS								
WEEK 4	STEPS								
	OTHER								
	TOTAL STEPS								
<b>MONTHLY TOTAL</b>									

To continue to track your activity visit [UWALK.ca](http://UWALK.ca) for access to free and fun resources and connect with friends, family and coworkers. Join a team or group, set personal goals, or participate in a UWALK challenge!