



# WORKPLACE WELLNESS: Walking Challenge

Site:

Name:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps: <b>Total (Sun-Sat):</b>
Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps: <b>Total (Sun-Sat):</b>
Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps: <b>Total (Sun-Sat):</b>
Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps: <b>Total (Sun-Sat):</b>
Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps: <b>Total (Sun-Sat):</b>
Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps: <b>Total (Sun-Sat):</b>

Contact Info:



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If you enjoy activities besides walking, you can still get your steps in! Use the information below to determine how many steps based on how long you did an activity.

Activities and equivalent steps – Steps are based on 1 minute of activity. Multiply the steps by the number of minutes you completed the activity.

<b>Activity</b>	<b>Steps</b>	<b>Activity</b>	<b>Steps</b>
Aerobic Fitness Class	181	Shoveling Snow	145
Backpacking	181	Skiing, Light/moderate	109
Baseball	130	Sledding	158
Basketball	130	Snowboarding	182
Bicycling, moderate	170	Snowshoeing	181
Bowling	71	Soccer	181
Canoeing	91	Spinning	200
Cooking	61	Stretching	15
Dancing	109	Swimming	174
Housework	71	Vacuuming	94
Hiking	172	Volleyball	91
Kayaking	152	Weight lifting	67
Mowing Lawn	120	Yard Work	89
Shopping	70	Yoga	45

Step count taken from Purdue University Walk to the Moon

Please fill out the information below and return it at the end of the challenge. This information is used in reporting to our funders and your individual information will not be shared with anyone.

Name:

Site:

Are you:

- Staff
- Partner of staff
- Parent
- Other