Participant # ___________ For the Week of Monday ____________ (month/day)

Please write down how long you exercised and the number of steps you took during exercise. If your exercise was something where you could not wear the pedometer (like bicycling or swimming), please write in the type of exercise instead of the number of steps during exercise. Please also write down your total daily number of steps. Remember, we are interested in your participation in the program. As long as you complete this card and return it to us, you will be entered into the monthly drawing, regardless of how much you exercised. Do not leave blanks. Use “0” for any days you missed for whatever reason.

<table>
<thead>
<tr>
<th>Exercise Minutes</th>
<th>MON</th>
<th>TUES</th>
<th>WEDS</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steps During Exercise</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Daily Steps</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please rate your level of exercise for the past week: (please circle one)

- Not Active
- Somewhat Active
- Moderately Active
- Very Active

Check here if you had a chance to read this week’s “Weekly Tips”

My Goals:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
STEP UP. STEP OUT!

30 mins a day • 5 days a week

Exercise Diary and Goals