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

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></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>Exercise Minutes</td>
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<tr>
<td>Steps During Exercise</td>
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<tr>
<td>Total Daily Steps</td>
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</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”

STEP UP. STEP OUT!
30 mins a day • 5 days a week

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FIRST-CLASS MAIL PERMIT NO. 142 COLUMBIA, SC
POSTAGE WILL BE PAID BY ADDRESSEE

Step Up, Step Out!
Prevention Research Center
University of South Carolina
1700 College Street
Columbia, SC 29201-9865