



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.

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
Exercise Minutes							
Steps During Exercise							
Total Daily Steps							

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"



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Step Up, Step Out!
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