

## **500 Every 5 Walking Challenge**

Name	School	District Location		Date	
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In the spaces provided below please record the dates of your step counts and the number of steps you reached. The goal is to reach 10,000 steps a day. You earn one entry into the "500 Every 5" drawing program for logging your step count and another entry for a step count of at least 10,000 steps. If you participate in a group walking event at your site, please sign in for an additional drawing entry. Attending any exercise class counts as a flat 5,000 steps, but can be included in your 10,000 step goal.

Date of Step Count	Location of Activity	Step Total	