



America On the Move Week with the YMCA » September 20-27, 2009

Name:

Email:

Return form to the Front Desk by Sept. 30th. We'll add your steps to the local effort to reach our goal (5 million steps) and National YMCA goal (10 million steps). Thank you for making small steps towards healthy living.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:
Total Daily Steps:	Total Daily Steps:	Total Daily Steps:	Total Daily Steps:	Total Daily Steps:	Total Daily Steps:	Total Daily Steps:

Total Steps for the Week:

Activity Converted to Steps Chart Located on Back



