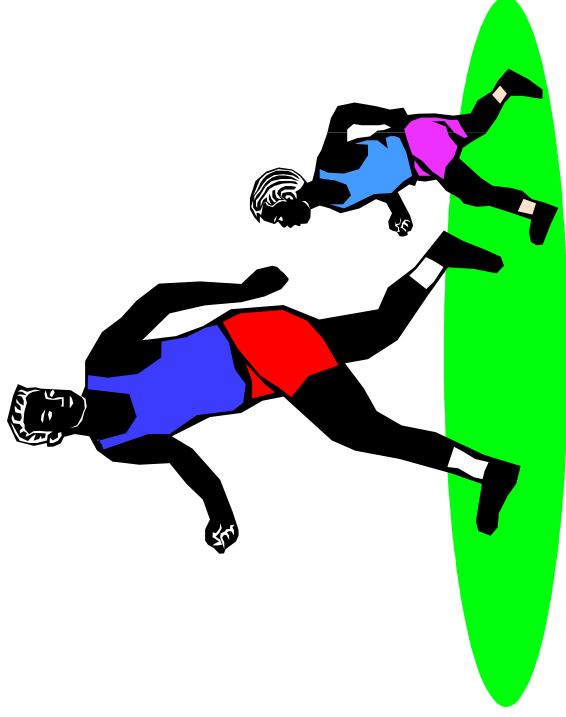


WIC Team Walking Challenge

Name: _____



Walk for two weeks:

October 7 – 20

(see details on second page)

**Turn in your completed cards to
Elva.**

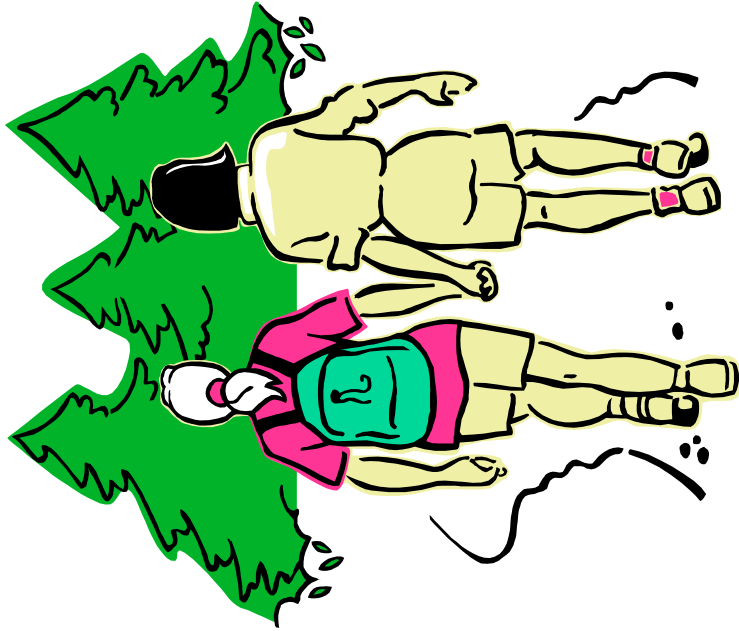


Team WIC Walking Challenge

Name: _____

First Week: Write in the space above each day of the week the number of steps that you walked on that day.

_____ Sun. _____ Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____ Sat.



Average Number of Steps for the First Week equals

(add # of steps walked for all seven days and divide by seven)

Second Week: Walk an additional 400 steps each day above the average number of steps that you walked the first week. For each day that you accomplish this goal, color in one shoe.

My goal is _____ steps.
(average # of steps plus 400)



Can you increase the number of steps that you walk from one week to another?