

CBC WALKING CHALLENGE

Taking
Steps
Toward
Better
Health

TRACKING SHEET - JANUARY 7, 2013 - MARCH 4, 2013

Name: _____ Goal Destination: _____

Milestone Destinations

- Destination 1 - **Spokane, WA** – 299,250 (avg. 5,250 steps/day) = 150 miles
- Destination 2 - **Portland, OR** – 498,750 (avg. 8,750 steps/day) = 250 miles
- Destination 3 - **Vancouver, BC** – 712,500 (avg. 12,500 steps/day) = 357 miles

****1 Mile = 2,000 Steps**

	Steps/Day		Steps/Day		Steps/Day
January 7		January 26		February 14	
January 8		January 27		February 15	
January 9		January 28		February 16	
January 10		January 29		February 17	
January 11		January 30		February 18	
January 12		January 31		February 19	
January 13		February 1		February 20	
January 14		February 2		February 21	
January 15		February 3		February 22	
January 16		February 4		February 23	
January 17		February 5		February 24	
January 18		February 6		February 25	
January 19		February 7		February 26	
January 20		February 8		February 27	
January 21		February 9		February 28	
January 22		February 10		March 1	
January 23		February 11		March 2	
January 24		February 12		March 3	
January 25		February 13		March 4	
	Subtotal		Subtotal		Subtotal

Total Steps: _____

Final Destination Reached: _____