



Step Tracking Sheet

Week 1: March 30 - April 5

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 2: April 6 - April 12

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 3: April 13 - April 19

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 4: April 20 - April 26

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 5: April 27 - May 3

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 6: May 4 - May 10

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 7: May 11 - May 17

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 8: May 18 - May 24

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Reminder: You can submit your steps every **Sunday** by:

- **Online**

www.colchester.ca/spring

- **Email**

recreation@colchester.ca

- **Phone**

902-897-3185