

## **Step Tracking Sheet**

Monday Tuesday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
Total Steps
Week 2: April 7 - April 13
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
-
Sunday
Sunday Total Steps
Total Steps
Total Steps Week 3: April 14 - April 20
Total StepsWeek 3: April 14 - April 20Monday
Total StepsWeek 3: April 14 - April 20MondayTuesday
Total StepsWeek 3: April 14 - April 20MondayTuesdayWednesday
Total StepsWeek 3: April 14 - April 20MondayTuesdayWednesdayThursday
Total StepsWeek 3: April 14 - April 20MondayTuesdayWednesdayThursdayFriday

Week 4: Apri	l 21 - April 27
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	
Week 5: Apr	il 28 - May 4
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	
Week 6: Ma	y 5 - May 11
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Sunday

**Total Steps** 

Week 7: May	12 - May 18
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	
Week 8: May	/ 19 - May 25
Week 8: May Monday	/ 19 - May 25
	/ 19 - May 25
Monday	/ 19 - May 25
Monday Tuesday	/ 19 - May 25
Monday Tuesday Wednesday	/ 19 - May 25
Monday Tuesday Wednesday Thursday	/ 19 - May 25
Monday Tuesday Wednesday Thursday Friday	/ 19 - May 25

Reminder: You can submit your steps every Sunday by: - Online www.colchester.ca/spring - Email recreation@colchester.ca

- Phone

902-897-3185