



Step Tracking Sheet

Week 1: March 31 - April 6

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 2: April 7 - April 13

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 3: April 14 - April 20

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 4: April 21 - April 27

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 5: April 28 - May 4

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Total Steps	

Week 6: May 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

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