

Chapter 4

**Worksheet for the chapter as you STEP toward a healthy lifestyle.**

Week 1, record how many steps you take each day.

Week 2, increase the steps you recorded from the Week 1. It doesn't make any difference how many steps you increase, just increase them and write them down.

Week 3, increase the steps you recorded in Week 2 by 25 steps every day.

Week 4, increase your steps from Week 3 by 50 steps every day.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

During the next four weeks, increase your steps every day. It doesn't matter how many you do or how you do them, just increase them every day. If you need a break, take one day of rest every week. You earned it!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 5							
Week 6							
Week 7							
Week 8							