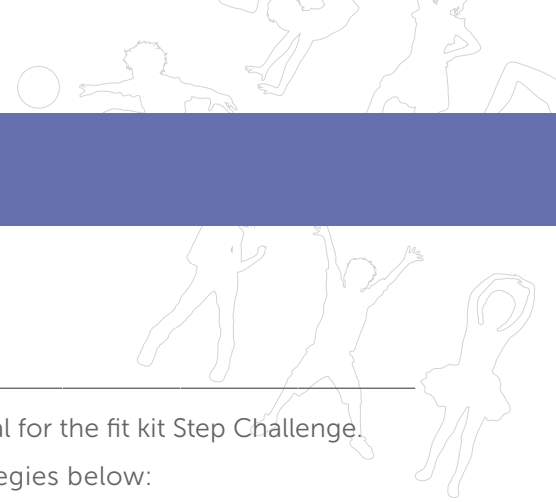


Sedentary
time

My step log



What is the name of the Boston Children's fit kit Step Challenge? _____

Record your number of steps each day. On the last day, calculate your grand total for the fit kit Step Challenge.

Looking for way to add steps to your day? Check out the sitting-stopper strategies below:

Active recreation	Lifestyle activity	Active transportation	Active breaks
<ul style="list-style-type: none"> • go to a playground • take part in recess games: tag, sharks and minnows, others • hike • play laser tag • participate in sports: tennis, basketball, baseball, volleyball, others • do walking tours • walk with friends • visit parks, museums, and historical sites 	<ul style="list-style-type: none"> • clean your room • garden or do yard work • wash the car • rake leaves • carry groceries • mow the lawn • shovel snow • take out the trash • mop the floor 	<ul style="list-style-type: none"> • walk to the store • climb the stairs • jog to a friend's place 	<ul style="list-style-type: none"> • jog or march in place • take a walk • dance • go up and down the stairs • play an active video game • exercise with an exercise DVD

Day	Monday ___/___/___	Tuesday ___/___/___	Wednesday ___/___/___	Thursday ___/___/___	Friday ___/___/___	Saturday ___/___/___	Sunday ___/___/___	Total
Steps								

What is the step goal (total number of steps)? _____ **Did you meet this goal?** Yes No

If you did not meet the step goal, how could you increase your number of steps next time?

