

## Daily Step Count

Try and increase your number of steps each day. It really does make a difference. You will need to purchase a pedometer.

Happy Walking!

Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total
Week one								
Week two								
Week three								
Week four								
Week five								

Steps	500	1,000	2,000	3,000	4,000	5,000	7,500	10,000
Miles	0.21	0.43	0.85	1.28	1.70	2.13	3.20	4.26
Kilometres	0.34	0.69	1.37	2.06	2.74	3.43	5.14	6.86