

Name: _____

Grade: _____

SCORECARD		
Date:	# of Steps	Description of Activities
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Do not write in the area STC use		

I verify that the number of steps I recorded above realistically reflects the number of steps actually taken and I have not manipulated my numbers or pedometer to reflect higher scores. I understand in order to benefit from the use of my pedometer and this challenge, I must work hard and be honest with myself.

Signed: _____