

STRIDE TOGETHER CHALLENGE

TRACKER & ACTIVITY CALENDAR

Use this calendar to track your daily steps and find simple ways to move more throughout your day.

Track Your Daily Steps

- Choose the tracking method that works best for you – pedometer, fitness tracker, phone app, or manual log.
- Record your steps daily in the tracker by filling in your individual box.
- Log your total weekly steps and submit them through the Rise to the Challenge Weekly Submission Form to contribute to your team's step count!

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