

STRIDE TOGETHER CHALLENGE STEP TRACKER

Welcome to the Stride Together Challenge!
This tracker is designed to help you and your team stay motivated as you work towards increasing your daily steps.

Download and print out the calendar so you can track your progress (plus get ideas on how to get more steps)!

Track Your Daily Steps

- Use a pedometer, fitness tracker, or phone app to track your steps.
- 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!

Keep moving and stay motivated! Every step counts toward a healthier you—let's stride together!

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