



# Spring Yourself(ie) into Action Challenge

## *Tracking Sheet*

**Start small and work your way up** toward taking 10,000 steps each day. First, figure out your average steps per day. **Set a goal** to increase your steps by 500 to 1,000 steps each day for the first week. **Keep slowly increasing your steps over time to reach a bigger goal that's attainable for you.** Record your daily steps on this tracking sheet.

Take a [selfie](#) (or "us-ie" if you're with others) at each different destination you choose for your activity over the 4 weeks. Send to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov) or post them to our WFHTN [Facebook Page](#).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Steps
Week 1								
Week 2								
Week 3								
Week 4								

**\*Please consult with your doctor before beginning an exercise program.**

**Name:** \_\_\_\_\_ **Department/Agency:** \_\_\_\_\_