



Favourite Steps



Count the steps of your most commonly trodden pathways, record them below, then use them to estimate some daily steps. Do some "laps" then use a little maths to add up what you have done in a day

Here are some examples to get you started:

Down the hall and back

Down the stairs and back

To the letterbox and back

Around the house (inside)

Around the house (outside)

To the park / playground

A lap of the park

What are some more of yours:

Take some moments in your day to do a few laps of your most commonly foot-trodden places. Do a few laps of the house or up and down the hall, then tally up what you have done!

What I Did	No. of Times	No. of Steps	Total Steps
Day: _____			
Down the hall & back	<u>3</u>	<u>45</u>	<u>135</u>
To the letterbox & back	<u>6</u>	<u>180</u>	<u>1080</u>
To the park / playground	<u>1</u>	<u>3845</u>	<u>3845</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
TOTAL	_____	_____	<u>5060</u>

Take some moments in your day to do a few laps of your most commonly foot-trodden places. Do a few laps of the house or up and down the hall, then tally up what you have done!

What I Did

No. of
Times

No. of
Steps

Total
Steps

Day: _____

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TOTAL _____