

Cordello Avenue Elementary

#ReadyFeet Walking Challenge



Name: _____

Class: _____

DIRECTIONS: Choose one, MINUTES MOVED or MILES TRAVELED or STEPS WALKED, and write down how much you moved each day. Then **add up the totals** at the end of the week.

	Today's Date	Minutes Moved	Miles Traveled	Steps Walked	Today's Total
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>This Week's Total</i>					

What was your favorite activity this week?

What will you do next week to move more?

Are You Ready, Feet?™

www.lihealthcollab.org/cordello

