

Great Ocean Road Health Hike

Step Record Sheet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		1 st	2 nd	3 rd	4 th	5 th	6 th
Week 2	7 th	8 th	9 th	10 th	11 th	12 th	13 th
Week 3	14 th	15 th	16 th	17 th	18 th	19 th	20 th
Week 4	21 st	22 nd	23 rd	24 th	25 th	26 th	27 th
Week 5	28 th	29 th	30 th				

10 minutes of moderate exercise (can have a conversation) = 1,000 steps

10 minutes of vigorous exercise (huff and puff) = 2,000 steps

10 minutes of mindfulness (calming) = 1,000 steps