GREAT OCEAN ROAD HEALTH Virtual Hike 2021

Step Record Sheet

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

Step counter:

- 1 step = 1 step
- 10 minutes of relaxed exercise = 500 steps (gardening, yoga, Pilates, cycling)
- 10 minutes of strenuous exercise = 1,000 steps (strenuous cycling, swimming, circuit class, huff and puff)
- If each team member achieves 5 serves of vegetables each day they are awarded an additional 1,000 steps to their weekly average
- If each team member practices daily gratitude they are awarded an additional 1,000 steps to their weekly average