

Step This Way

Week 1

It is likely that you have been registered for this program for a few days now. It is also likely you have been using/testing out your tracking device. Regardless, below is a chart showing the approximate distance relative to steps. This should give an idea of where you are starting, and although it is not mandatory, try setting a goal. Push yourself a little. "Step" out of your comfort zone. Find new ways to be active!

Steps	Distance
500	0.25 miles
1,000	0.5 miles
1,500	0.75 miles
2,000	1 mile
2,500	1.25 miles
3,000	1.5 miles
3,500	1.75 miles
4,000	2 miles
4,500	2.25 miles
5,000	2.5 miles
5,500	2.75 miles
6,000	3 miles
6,500	3.25 miles
7,000	3.5 miles
7,500	3.75 miles
8,000	4 miles
8,500	4.25 miles
9,000	4.5 miles
9,500	4.75 miles
10,000	5 miles

**It really can
be this
simple!**

