

# IU South Bend



# Stepping toward Beijing

**Instructions:** Record your distance in either miles or steps, and the time you spend walking every day for 13 weeks.

**You can only log a total of 15,000 steps per day**

Summer Walking Program  
Log Sheet

		Sun	Mon	Tue	Wed	Thur	Fri	Sat.	Weekly Total	
Week 1	May 18-24									
Week 2	May 25-31									
Week 3	June 1-7									
Week 4	June 8-14									
Week 5	June 15-21									
Week 6	June 22-28									
Week 7	June 29-5									
Week 8	July 6-12									
Week 9	July 13-19									
Week 10	July 20-26									
Week 11	July 27-2									
Week 12	Aug. 2-9									13 week total
Week 13	Aug. 10-16									

**\*You must turn in your steps on the following dates in order for them to count towards your totals and team totals by 5 p.m. on the following dates:**

week 1 & 2 due **June 2**  
 week 3 & 4 due **June 16**  
 week 5 & 6 due **June 30**  
 week 7 & 8 due **July 14**

week 9 & 10 due **July 28**  
 week 11 & 12 due **Aug 11**  
 week 13 due **Aug 18**

2,000 steps = 1 mile	15 minutes = 1 mile
10,000 steps = 5 miles	these are approx. numbers