# *10,000 STEP CHALLENGE*
## *Log Sheet*

***Name : _____***
***Phone # : _____***

| DATE | TIME STARTED | TIME ENDED | STEPS |
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**GOOD THINGS TO KNOW:**
**10,000 STEPS = APPROX. 5 MILES**
**2,000 STEPS = APPROX. 1 MILE**
**1 MILE = APPROX. 100 CALORIES**