



Attleboro Norton YMCA

FREE RANGE SUMMER TRACKING SHEET — STEP CHALLENGE

	SUN	MON	TUE	WED	THU	FRI	SAT
DATE			5-Jul	6-Jul	7-Jul	8-Jul	9-Jul
NO. STEPS							

	SUN	MON	TUE	WED	THU	FRI	SAT
DATE	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
NO. STEPS							

	SUN	MON	TUE	WED	THU	FRI	SAT
DATE	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
NO. STEPS							

	SUN	MON	TUE	WED	THU	FRI	SAT
DATE	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
NO. STEPS							

	SUN	MON	TUE	WED	THU	FRI	SAT
DATE	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
NO. STEPS							

	SUN	MON	TUE	WED	THU	FRI	SAT
DATE	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
NO. STEPS							

	SUN	MON	TUE	WED	THU	FRI	SAT
DATE	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
NO. STEPS							

	SUN	MON	TUE	WED	THU	FRI	SAT
DATE	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
NO. STEPS							

	SUN	MON	TUE	WED	THU	FRI	SAT
DATE	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
NO. STEPS							

	SUN	MON				
DATE	4-Sep	5-Sep				
NO. STEPS						
	TOTAL STEPS					
	AVG DAILY STEPS					

RECOMMENDED AVERAGE DAILY STEPS: 7,500

EARN ADDITIONAL ATTLEBORO Y REWARDS POINTS:

25 Points for completing challenge & turning in form

50 Points for hitting average daily steps

100 Points awarded to "Top Stepper"/Most Steps Achieved