2010 4-H Healthy Living Challenge Log
"America on the Move"

Individual Name _____ Zip Code: _____ ☐ Youth ☐ Adult ☐ Male ☐ Female

Check Age Category: ☐ Under 13 ☐ 13-15 ☐ 16 -19 ☐ 20-29 ☐ 30-39 ☐ 40-49 ☐ 50-59 ☐ 60-69

Date	# Steps		Date	# Steps	Date	# Steps	Date	# Steps	Date	#Steps
	day 1									
	day 2									
	day 3									
Total Steps (1)			**Total Steps (2)**		**Total Steps (3)**		**Total Steps (4)**		**Total Steps (5)**	

Tally of 1, 2, 3, 4 & 5 = _____ Steps

Date: _____ **Last Day 1 Steps _____**

Date: _____ **Last Day 2 Steps _____**

Date: _____ **Last Day 3 Steps _____**