

# Annual County Walk Challenge Step Tracker

Participant Name: \_\_\_\_\_

Date	Walking Steps	*Running Steps	**Minutes Active	List Activity Performed
9/1				
9/2				
9/3				
9/4				
9/5				
9/6				
9/7				
9/8				
9/9				
9/10				
9/11				
9/12				
9/13				
9/14				
9/15				
9/16				
9/17				
9/18				
9/19				
9/20				
9/21				
9/22				
9/23				
9/24				
9/25				
9/26				
9/27				
9/28				
9/29				
9/30				
<b>TOTAL</b>				

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## Instructions for filling out the Step Tracker

Please count an activity only once. For example, if you walk 1 mile, record it either as steps or minutes active, not both. The minutes active column is for participants who do not have a way to count steps or to log other physical activity outside of walking.

### We will do the following conversion to calculate your Running Steps or Minutes Active into steps:

\*Running miles are calculated at the rate of 1.25 per step due to the difference in walking (2000 steps per mile) and running (1500 steps per mile) strides.

\*\*Minutes Active will be calculated at 4 miles per hour which would equal 8000 step per hour. Please use the total minutes in movement to figure out the amount of time of the activity.

## About the Annual County Walk Challenge for Health and Wellness

Join us for some friendly competition as Kentucky counties compete against each other to rack up the most steps or minutes in movement over the month of September. Participants can log steps, running milage, or minutes in movement (swimming, yoga, tennis, or any of your favorite physical activities)!

**When:** September 1 – 30

Deadline to submit steps or minutes in movement is October 2.

**Where:** Anywhere in Kentucky!

**How to join:** Record your steps via actual measured steps or minutes for movement and submit before the deadline.

### Two ways to submit:

1. **Paper form:** Track your steps on this form and submit your TOTAL steps or minutes in movement by October 2 to your county lead. If you do not have a county lead, you may submit TOTALS to Mona Huff by phone or email: 502-706-0098 or [ramona.huff@louisville.edu](mailto:ramona.huff@louisville.edu).
2. **Submit online:** Easily log steps or minutes in movement online by scanning the QR code or visiting this link: [https://uoflsom.az1.qualtrics.com/jfe/form/SV\\_2nq0rSJKvI4f1xI](https://uoflsom.az1.qualtrics.com/jfe/form/SV_2nq0rSJKvI4f1xI). Submit daily exercise or submit your monthly total before October 2.

