

# STEP TRACKER



Track your steps in the table below

DAY	STEPS	HOW DID YOU GET YOUR STEPS IN? <small>E.g. I walked to work, took the dog for a walk, went for a jog</small>
1		
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30		

**STEP UP**

**FOR**

**H·W·F**

## Ways to track your steps....

- On your smartphone with an app (we like the Active 10 app)
- On a smart watch or fitness tracker

Email your completed tracker to [rosie@healthcareworkersfoundation.org](mailto:rosie@healthcareworkersfoundation.org)