TEXAS HEART® INSTITUTE

Project Heart

Activities for the Classroom

EXERCISE
MY SCHOOL DAY STEP RECORD

Chart how many steps you take during the day. Write your start location, end location and the number of steps taken. If you make a roundtrip, be sure to notate those steps as well. At the end of the day, add up the total number of steps. Use the table to convert the steps to miles.

Start	End	No. of Steps
	TOTAL	

Use this chart to approximate the number of miles walked.

STEPS	MILES	STEPS	MILES
500	.25	6,000	3.0
1,000	.50	7,000	3.5
2,000	1.0	8,000	4.0
3,000	1.5	9,000	4.5
4,000	2.0	10,000	5.0
5,000	2.5		

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