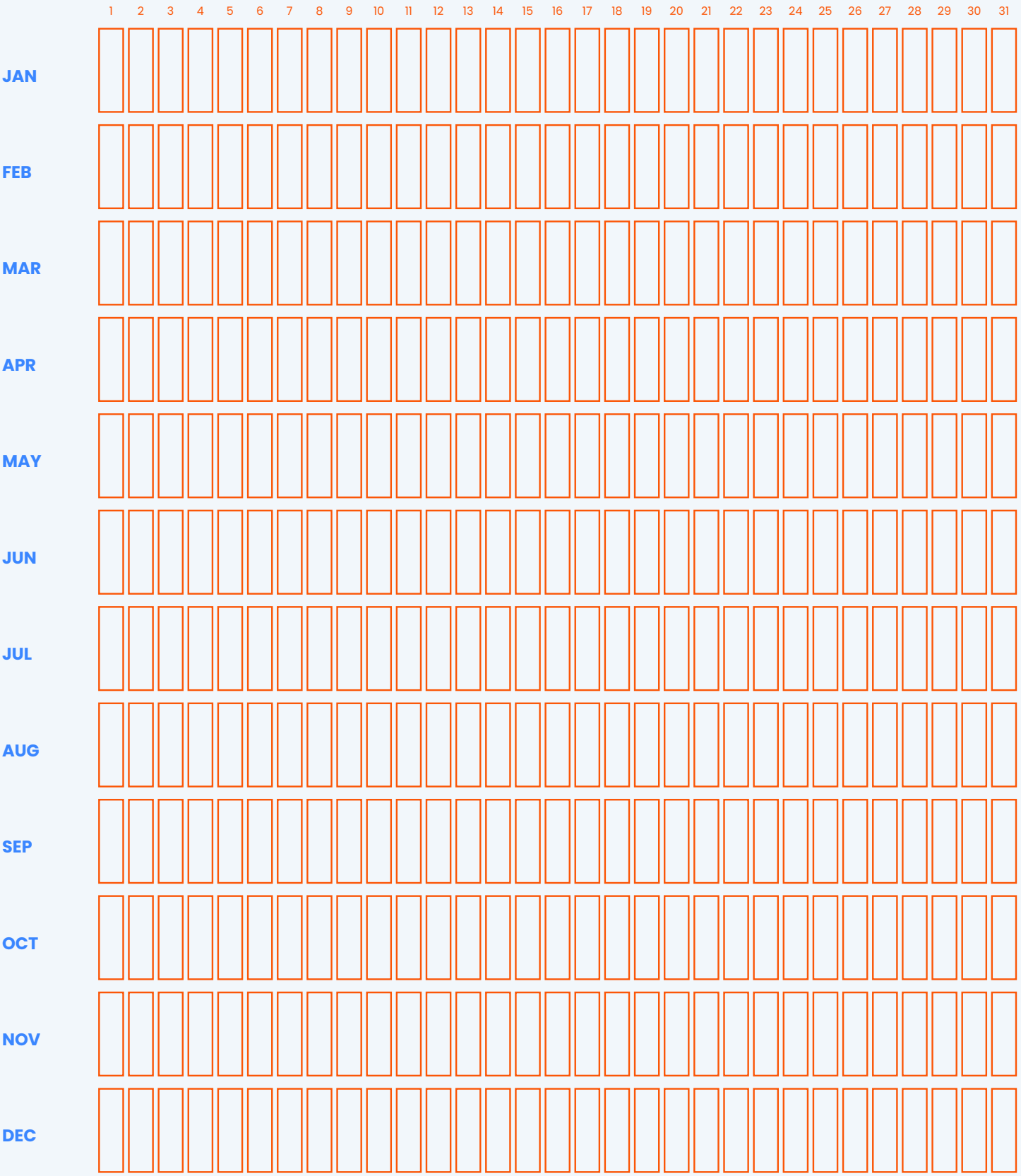
12-MONTH STEP HEATMAP

SHADE: UNDER 5K · 5–8K · 8–10K · 10K+



DAILY STEP LOG

MONTH _____ DAILY GOAL _____

DAY	STEPS	GOAL MET	MILES/KM	ACTIVE MIN	DAY	STEPS	GOAL MET	MILES/KM
1						17		
2						18		
3						19		
4						20		
5						21		
6						22		
7						23		
8						24		
9						25		
10						26		
11						27		
12						28		
13						29		
14						30		
15						31		
16								

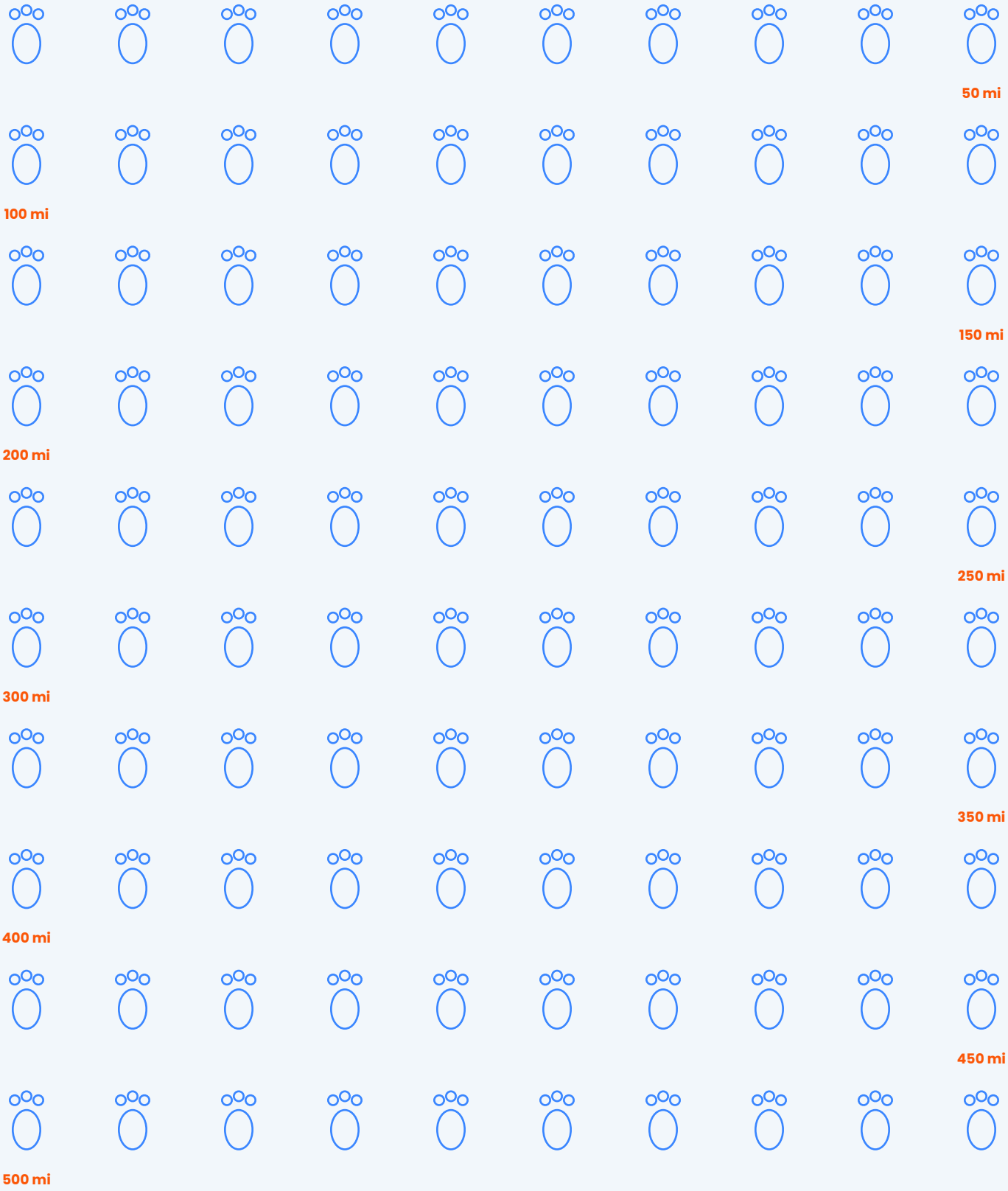
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7						23		
8						24		
9						25		
10						26		
11						27		
12						28		
13						29		
14						30		
15						31		
16								

VIRTUAL WALK: 500-MILE JOURNEY

EVERY 2,000 STEPS ≈ 1 MILE — COLOUR A FOOTPRINT PER 5 MILES



WALKING GOALS & REWARDS

STEP UP 500 A DAY EACH WEEK

WEEK	DAILY TARGET	AVG ACHIEVED	REWARD

Ways to sneak in steps

- [ ] Walk while on calls
- [ ] Park further away
- [ ] Stairs, not lift
- [ ] 10-min walk after meals
- [ ] Walking meeting
- [ ] Evening family stroll
- [ ] Pace during TV ads