

# America On the Move Week with the YMCA Tracking Form

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:
ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:
ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:
ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:

I tracked my steps online by registering at ymca.net

Total number of steps taken: \_\_\_\_\_

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

Zip code: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_