



ASSESSMENT RECORD SHEET

Name _____ Date _____

1. Steps taken in 2 minutes when walking: _____
2. Steps taken in 2 minutes when jogging or running: _____
3. Steps taken in 2 minutes _____ $\times 30 =$ _____ daily step goal
4. Now write down how many steps you think you can take in the next 2 minutes: _____

Now see whether you can meet or beat your goal.