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HM Government

Civil Service

Active 2023 Wellbeing

Weekly step and distance tracker



	Total steps	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Overall Total		



Join our challenge



Track your progress



Win big rewards

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Civil Service

Active 2023 Wellbeing

Weekly exercise log



	Exercise	Duration
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Join our challenge



Track your progress



Win big rewards

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Civil Service

Active Wellbeing

2023

Daily step and distance tracker



Use our helpful guide to track your daily steps or distances

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

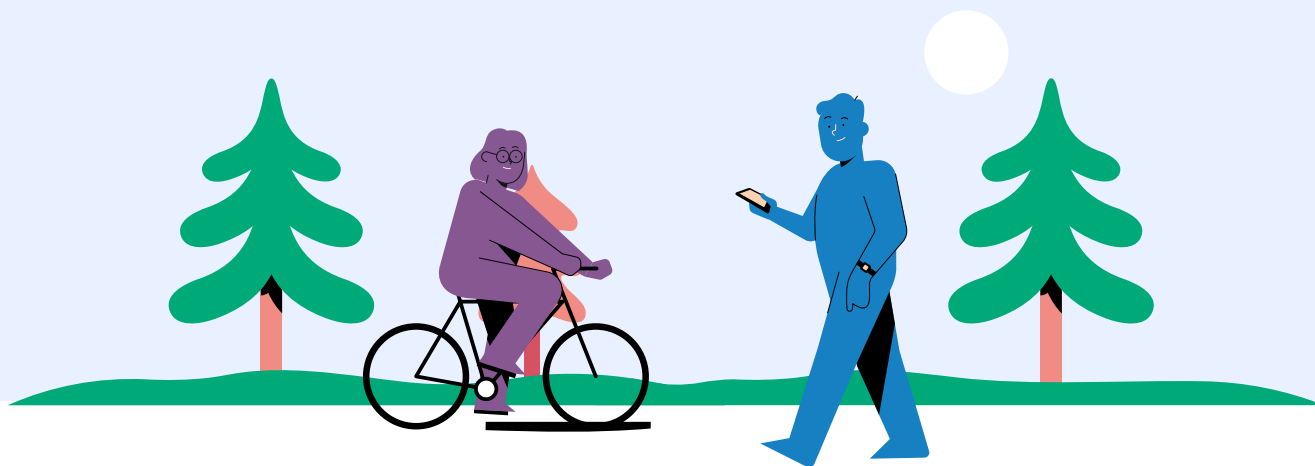
Day 28

Total :



**BIG TEAM
CHALLENGE**

ACTIVITY CONVERSION CHART



ACTIVITY	STEPS PER MINUE
Aerobic dancing class	127
Aerobic fitness class	181
Aerobics, low impact	125
Aerobics, step	153
Badminton, casual	131
Badminton, competitive	203
Ballet dancing	120
Baseball	130
Basketball, game	145
Basketball, recreational	130

ACTIVITY	STEPS PER MINUE
Boxing, non-competitive	131
Boxing, competitive	222
Canoeing	91
Cheerleading	100
Circuit training	199
Climbing, rock/mountain	270
Cycling, easy pace	130
Cycling, moderate pace	170
Cycling, vigorous pace	200
Dancing	109

BIG TEAM CHALLENGE ACTIVITY CONVERSION CHART

ACTIVITY	STEPS PER MINUE	ACTIVITY	STEPS PER MINUE
Elliptical trainer	203	Jumping rope, moderate	250
Fencing	182	Kayaking	152
Football	199	Kickball	212
Frisbee	91	Kickboxing	290
Gardening	80	Lacrosse	242
Golf, carrying clubs	109	Pilates	91
Golf, powered cart	80	Punching bag	180
Gymnastics	121	Racquetball, casual	181
Handball	348	Racquetball, competitive	254
Hiking	172	Rock climbing	244
Hockey, field and ice	240	Rollerblading	156
Housework, light	72	Rowing	212
Horse Riding	137	Rugby	303
Ice skating, general	84	Sailing, boat and board	91
Ice skating, moderate	122	Skateboarding	102
In-line skating	190	Skeeball	52
Jogging	181	Skiing, light/moderate	109
Judo & Karate	236	Skiing, cross-country	114
Jumping rope, fast	300	Sledding	158

Sources: America on the Move; Healthy Steps to Albany; Concordia Plan Services.

BIG TEAM CHALLENGE ACTIVITY CONVERSION CHART

ACTIVITY	STEPS PER MINUE	ACTIVITY	STEPS PER MINUE
Snowboarding	182	Water skiing	145
Snowshoeing	181	Weight lifting	67
Soccer, recreational	145	Wheeling, leisurely (wheelchair)	70
Soccer, competitive	181	Wheeling, fast (wheelchair)	137
Softball	152	Wrestling	145
Spinning	200	Yard work	89
Squash	348	Yoga	45
Stair climbing, machine	200		
Surfing	91		
Swimming, freestyle	181		
Table tennis	120		
Tae Bo	250		
Tae Kwon Do	290		
Tai Chi	40		
Tennis	200		
Trampoline	90		
Volleyball	91		
Water aerobics	116		
Water polo	303		

Sources: America on the Move; Healthy Steps to Albany; Concordia Plan Services.