



Olympic / Paralympic Step Tracker



Every step brings us closer to the podium! Input the number of steps taken for each day. At the end of each week, total up the number of steps.

Submit your completed form online at healthhubcanada.com/olympics. (All prizes are considered a taxable benefit.)

Associate Name: _____

AIN: _____

Work Location: _____

Milestones: Bronze = 10,000 steps | Silver = 25,000 steps | Gold = 50,000 steps

Weekly Goal: 25,000 steps

WEEK 1	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
TOTAL	

WEEK 2	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
TOTAL	

TOTAL STEPS (Week 1 + Week 2): _____