



Weekly Record Sheet

Week 1



Name of the group: _____

Name of the Participant	Steps Taken Individually (Calculate the amount of steps taken by the participants using the <i>Weekly Activity Log</i>)
1	5
2	6
3	7
4	8
9 Steps Taken As A Group **Exclude this step if participating as an individual (the number will remain the same) Add up the numbers in boxes 5, 6, 7, 8.	: _____
10 Average Steps **Exclude this step if participating as an individual (the number will remain the same) Divide the number you calculated in box 9 by the total number of participants.	: _____
11 Amount of Stars Received This Week Divide the number you calculated in box 10 (box 5, for those competing individually) by 2,000. [Ex: 10,890 (average steps) / 2,000 = 5.45] → This number signifies that the contestants have earned 5 stars . .4 or less = will not receive another star, .5 or more = will receive another star **At the end of the contest we will recalculate the total amount of steps to obtain a fair count.	: _____

Note: use the back side of this page if you need a reference for box 11.

Calculating the Amount of Stars Cheat-Sheet (ii)

Amount of Steps	Number of Miles	Amount of Stars
2,000	1	1
4,000	2	2
6,000	3	3
8,000	4	4
10,000	5	5
12,000	6	6
14,000	7	7
16,000	8	8
18,000	9	9
20,000	10	10
22,000	11	11
24,000	12	12
26,000	13	13
28,000	14	14
30,000	15	15
32,000	16	16
34,000	17	17
36,000	18	18
38,000	19	19
40,000	20	20



Weekly Record Sheet

Week 2



Name of the group: _____

Name of the Participant	Steps Taken Individually (Calculate the amount of steps taken by the participants using the <i>Weekly Activity Log</i>)
1	5
2	6
3	7
4	8
9 Steps Taken As A Group **Exclude this step if participating as an individual (the number will remain the same) Add up the numbers in boxes 5, 6, 7, 8. : _____	
10 Average Steps **Exclude this step if participating as an individual (the number will remain the same) Divide the number you calculated in box 9 by the total number of participants. : _____	
11 Amount of Stars Received This Week Divide the number you calculated in box 10 (box 5, for those competing individually) by 2,000. [Ex: 10,890 (average steps) / 2,000 = 5.45] → This number signifies that the contestants have earned 5 stars . .4 or less = will not receive another star, .5 or more = will receive another star **At the end of the contest we will recalculate the total amount of steps to obtain a fair count. : _____	

Note: use the back side of this page if you need a reference for box 11.

Calculating the Amount of Stars Cheat-Sheet (11)

Amount of Steps	Number of Miles	Amount of Stars
2,000	1	1
4,000	2	2
6,000	3	3
8,000	4	4
10,000	5	5
12,000	6	6
14,000	7	7
16,000	8	8
18,000	9	9
20,000	10	10
22,000	11	11
24,000	12	12
26,000	13	13
28,000	14	14
30,000	15	15
32,000	16	16
34,000	17	17
36,000	18	18
38,000	19	19
40,000	20	20



Weekly Record Sheet

Week 3



Name of the group: _____

Name of the Participant	Steps Taken Individually (Calculate the amount of steps taken by the participants using the <i>Weekly Activity Log</i>)
1	5
2	6
3	7
4	8
9 Steps Taken As A Group **Exclude this step if participating as an individual (the number will remain the same) Add up the numbers in boxes 5, 6, 7, 8. : _____	
10 Average Steps **Exclude this step if participating as an individual (the number will remain the same) Divide the number you calculated in box 9 by the total number of participants. : _____	
11 Amount of Stars Received This Week Divide the number you calculated in box 10 (box 5, for those competing individually) by 2,000. [Ex: 10,890 (average steps) / 2,000 = 5.45] → This number signifies that the contestants have earned 5 stars . .4 or less = will not receive another star, .5 or more = will receive another star **At the end of the contest we will recalculate the total amount of steps to obtain a fair count. : _____	
12 Total steps Add up all of the Average steps taken by a group (week 1 box 10 + week 2 box 10 + week 3 box 10) : _____ *For the individual competitor (week 1 box 5 + week 2 box 5 + week 3 box 5) : _____	
13 Total Miles Divide the number calculated in box 12 by 2,000. : _____	

Note: use the back side of this page if you need a reference for box 11.

Calculating the Amount of Stars Cheat-Sheet (ii)

Amount of Steps	Number of Miles	Number of Stars
2,000	1	1
4,000	2	2
6,000	3	3
8,000	4	4
10,000	5	5
12,000	6	6
14,000	7	7
16,000	8	8
18,000	9	9
20,000	10	10
22,000	11	11
24,000	12	12
26,000	13	13
28,000	14	14
30,000	15	15
32,000	16	16
34,000	17	17
36,000	18	18
38,000	19	19
40,000	20	20