|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Active Transportation? | Active transportation minutes | Nonactive transportation minutes | Total steps |
| Monday | O Yes O No |  |  |  |
| Tuesday | O Yes O No |  |  |  |
| Wednesday | O Yes O No |  |  |  |
| Thursday | O Yes O No |  |  |  |
| Friday | O Yes O No |  |  |  |
| Saturday | O Yes O No |  |  |  |
| Sunday | O Yes O No |  |  |  |

Greek Walk-a-thon Weekly

self-tracking

Please use this to track your steps and activity. Make sure to input your activity in the Qualtrics link sent to your email every sunday night.