

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1							
Week 2							
Week 3							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 4							
Week 5							
Week 6							

1 REST WEEK AFTER 6 WEEKS

NAME/LOCATION: _____ PREVIOUS EVENT: YES/NO _____

How to Complete the Collector Card

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week ?	0	+7500	+3000	+12000	+2750	+2750	+15,500
	+7500	<u>15,000</u>	<u>18,000</u>	<u>30,000</u>	<u>32,750</u>	<u>35,500</u>	<u>51,000</u>

$51,000 \times 0.0005 = 25.50 \text{ miles}$

Wear your pedometer throughout the day and count your total steps for the day. In each box write down your total steps and add them to the steps for the day before, creating a running total. As you can see you can take days off or do more steps when you are more active. If your pedometer resets, breaks or is lost, simply estimate the distance as described in the Event Site FAQs. You can call the 153 Mile Challenge Team on 0845 061 3725 for more help. At the end of the week or six week block simply multiply your total steps for the week or block by 0.0005 to get your total mileage.