Get Up & Move!
Step It Up Worksheet

Name________________________________________________

1. Work in pairs. Pour some water on the sidewalk, just enough to get it wet.
2. Do a little “dance” in the water to wet the bottom of your shoes. Walk away from the puddle at a NORMAL pace leaving wet footprints. Be sure to roll your foot down from HEEL to TOE, leaving a complete footprint.
3. Have your partner measure your step length with a tape measure. Measure from where one HEEL touches the ground to where the other HEEL touches. Measure three different steps and record below.

Step one __________ inches   Average Step Length __________ inches
Step two __________ inches   (add three steps and divide by 3)
Step three __________ inches

Club Walk
Number of steps I took ________ x my Average Step Length (above) _________ = total Inches walked __________ $\div 12 = \text{number of feet walked} _________.
Number of minutes I walked ____________________.

I can walk __________ feet in ________________ minutes.

Personal Goal
I will walk __________ minutes or __________ steps each day. I will turn the steps in at the next club meeting to help reach our club goal.

Club Goal
Number of members in club ________ Distance walked on our club walk __________

As a Club Goal, we will increase the number of steps we walk on an average day by __________ steps.

Adapted from WIN Kids Fun Days: It All Counts, WIN Steps, Wellness IN the Rockies, www.uwyo.edu/wintherockies
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