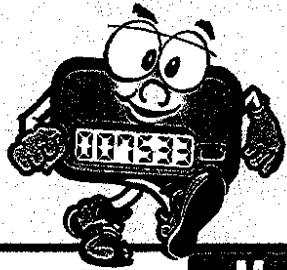




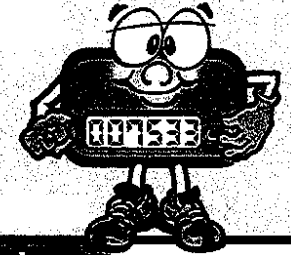
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Go to www.uhs-in.org/steps to print more.



Know Your Healthy Steps



MY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WHAT I DID
	♥	♥	♥	♥	♥	♥	♥	
	♥	♥	♥	♥	♥	♥	♥	
	♥	♥	♥	♥	♥	♥	♥	
	♥	♥	♥	♥	♥	♥	♥	
	♥	♥	♥	♥	♥	♥	♥	

Write in the number of steps you take each day off of your pedometer. Increase your goal until you get at least 10,000 steps a day.