



You are a Super Star!!!

Draw a star on days when your child gets 5000 steps.

Increase the number of steps your child needs to get a star each week. For instance, in Week 2 draw a star if your child gets 6000 steps.

Turn in the star chart at the end of the study with your step logs.

Work together to come up with some fun treats to do together or to get if your child has met his/her goals in a given week.

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							