

Holiday Challenge: Great Escapes Tracking Sheet

Directions: Log the steps you take each day by converting the time spent (minutes) in each level (1, 2, 3) using the attached activity conversion chart. You may also use a pedometer, FitBit, app or other step counting device and just enter steps in any Level column.	Name:	
	Telephone:	
	E-mail:	
	Mailing Address:	

Week 1 Steps						Week 2 Steps					
Day	Date	Level 1	Level 2	Level 3	Total	Day	Date	Level 1	Level 2	Level 3	Total
Monday					0	Monday					0
Tuesday					0	Tuesday					0
Wednesday					0	Wednesday					0
Thursday					0	Thursday					0
Friday					0	Friday					0
Saturday					0	Saturday					0
Sunday					0	Sunday					0
Week 1 Step Totals		0	0	0	0	Week 2 Step Totals		0	0	0	0
Week 3 Steps						Week 4 Steps					
Day	Date	Level 1	Level 2	Level 3	Total	Day	Date	Level 1	Level 2	Level 3	Total
Monday					0	Monday					0
Tuesday					0	Tuesday					0
Wednesday					0	Wednesday					0
Thursday					0	Thursday					0
Friday					0	Friday					0
Saturday					0	Saturday					0
Sunday					0	Sunday					0
Week 3 Step Totals		0	0	0	0	Week 4 Step Totals		0	0	0	0
Week 5 Steps						Week 6 Steps					
Day	Date	Level 1	Level 2	Level 3	Total	Day	Date	Level 1	Level 2	Level 3	Total
Monday					0	Monday					0
Tuesday					0	Tuesday					0
Wednesday					0	Wednesday					0
Thursday					0	Thursday					0
Friday					0	Friday					0
Saturday					0	Saturday					0
Sunday					0	Sunday					0
Week 5 Step Totals		0	0	0	0	Week 6 Step Totals		0	0	0	0
Week 7 Steps						Week 8 Steps					
Day	Date	Level 1	Level 2	Level 3	Total	Day	Date	Level 1	Level 2	Level 3	Total
Monday					0	Monday					0
Tuesday					0	Tuesday					0
Wednesday					0	Wednesday					0
Thursday					0	Thursday					0
Friday					0	Friday					0
Saturday					0	Saturday					0
Sunday					0	Sunday					0
Week 7 Step Totals		0	0	0	0	Week 8 Step Totals		0	0	0	0

Activity Conversion Tool: to calculate, enter minutes in each activity where indicated. Then enter steps into the appropriate box for each week, above. You may use the calculation built within the table or do it yourself.	Enter minutes below	Steps Earned
Level 1: Mild-Moderate activity (such as housecleaning, leisurely walking, gentle yoga)	100 steps per minute OR 1500 steps per 15 minutes	0
Level 2: Moderate-Vigorous activity (such as brisk walking, jogging, Pilates, vigorous yoga, biking, baseball, golf)	134 steps per minute OR 2000 steps per 15 minutes	0
Level 3: Vigorous activity (such as running, interval training, soccer, uphill biking)	167 steps per minute OR 2500 steps per 15 minutes	0
Enter the number of steps calculated in the appropriate week, above	Total	0

To enter for the prize drawings:

Track steps from November 5 through December 30. Return the Activity Log Sheet ONE of three ways by January 7 to enter for prizes. Return either a copy of this sheet - make sure your contact information is filled out!

Return your tracking sheet ONE of these ways:

- Mail: PO Box 200130, Helena, MT 59620,
- Fax: (406) 444-0080, or
- E-mail: benefitsquestions@mt.gov



Remember completion of the Stay Active Challenge is an eligible Next Steps activity, but you must self-report that you completed that activity; self-reporting for the incentive is NOT the same as returning this sheet to enter for prizes! You can find more details at www.benefits.mt.gov/incentive or in the 2018 Live Life Well Incentive Program booklet mailed to all retirees in March 2018.