



ACTIVITY RECORD

Name: _____

Day/Date							
Steps							
Distance							
♥ Rate/Cals							

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www.new-lifestyles.com
www.digiwalker.com

Individual Pedometer
Hotline:
1-888-748-5377

School or Bulk Orders:
816-353-1721

Customer Service:
816-353-1721

Mileage Conversions
(based on a stride length
of 2.5 feet)

2,000 steps ≈ 1 mile
10,000 steps ≈ 5 mile

**Converting Miles to
Calories**

(Varies due to age, gender,
height and weight)

1 mile ≈ 100 kilocalories
5 miles ≈ 500 kilocalories
35 miles ≈ 3500 kilocalories

WALK 10,000 STEPS A DAY FOR BETTER HEALTH!