



TOTAL WELLBEING ON-DEMAND

# **SMALL STEPS TO SUCCESS**

ACTIVITY TRACKER

# TRACK YOUR ACTIVITIES

Getting started with physical activity does not have to be complicated. In fact, research has shown that walking can have a significant impact on your health by lowering your chances of heart disease. All it takes is one step. Then two. Then three. Start small. Any movement is better than no movement. Start out with just five minutes of movement and build up from there or split up your movement throughout the day.

**Small Steps to Success Total Wellbeing On-Demand Goal:** Complete at least 10 minutes of activity at least 10 days this month. Use the tracker to log your activity throughout the month (optional). Be sure to complete the [Small Steps to Success Submission Form](#) to earn Wellbeing Tickets!

DATE	ACTIVITY	LENGTH OF TIME

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