

## Learning to fill out your pedometer checkbook

Name \_\_\_\_\_

Date \_\_\_\_\_

**Assignment:** Using the information below fill out the provided checkbook with all of the information.

**Need to know:**

- Your calorie burn number is .035.
- Your daily income number is .027.

**Monday 1/8-** Your daily exercise was T25 Total Body, the main activity (sport) was lacrosse. The night before you slept 7.5 hours. Your rate of perceived exertion during T25 was 7. You took 5465 steps.

**Tuesday 1/9-** Your daily exercise was Yoga Kevin Love, the main activity (sport) was lacrosse. The night before you slept 5.5 hours. Your rate of perceived exertion during yoga was 4. You took 3133 steps.

**Wednesday 1/10-**Your daily exercise was TRX Cardio Circuit, the main activity (sport) was lacrosse. The night before you slept 7 hours. Your rate of perceived exertion during TRX was 9. You took 6839 steps.

**Thursday 1/11-** Your daily exercise was Pilates, the main activity (sport) was lacrosse. The night before you slept 6.5 hours. Your rate of perceived exertion during Pilates was 5. You took 3044 steps.

**Friday 1/12-** Your daily exercise was track 20 minute walk/jog, the main activity (sport) was lacrosse. The night before you slept 7 hours. Your rate of perceived exertion during track was 6. You took 7112 steps.

