



Have a contest to see how many steps you can do



Compete with friends/family to see how many steps you complete each day.  
How can you increase the number of steps with games/fun?

## Activity Type



## Time



## Environment



## Price



## Category

Activities

## Sub Category

Activities

## Age

5 - 7  
7 - 11  
14 - 18

## Subject

P.E.

