health promotion — STEP COUNTER

	TARGET	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	DAILY AVERAGE
1	AVERAGE								TOTAL ÷ 7 =
2	AVERAGE + 1000								
3	AVERAGE + 1000								
4	AVERAGE + 1000								
5	AVERAGE + 1000								
6	AVERAGE + 1000								
7	AVERAGE + 1000								
8	AVERAGE + 1000								
9	AVERAGE + 1000								
10	AVERAGE + 1000								
11	AVERAGE + 1000								
12	AVERAGE + 1000								

SUCCESS STARTS WITH THE FIRST STEP

cafconnection.ca/Halifax

STRENGTHENING THE FORCES
ENERGISER LES FORCES

PSP

/psphalifax