



**Track your steps
ALL WEEK!
OUR YMCA GOAL: 4 MILLION
NATIONAL GOAL: 10 BILLION**

America On the Move Week with the YMCA ★ September 22-29, 2007

AOM WEEK 2007 TRACKING SHEET

	Saturday 9-22	Sunday 9-23	Monday 9-24	Tuesday 9-25	Wednesday 9-26	Thursday 9-27	Friday 9-28	Saturday 9-29	End of Week Total Steps
<i>Manual count</i>									
Activity 1:									
Activity 2:									
Activity 3:									
Activity 4:									
Activity 5:									
Activity 6:									
Activity 7:									
Activity 8:									
Activity 9:									
Total steps from turned in sheets									
Manual count: GRAND TOTAL									

Name: _____

Phone number: _____

Track your steps during the America On The Move Week with this Tracking Sheet.
Bring your Tracking sheet back to the YMCA by **Tuesday, October 2** and receive a prize!

First 100 to bring their tracking sheets in will receive AOM T-shirt!

Quantities of prizes are limited.

QUESTIONS regarding AOM Week???

Contact Ink Urho-Young, Senior Program/Wellness Director at (716) 701-1330 or e-mail fitness@oleanymca.org