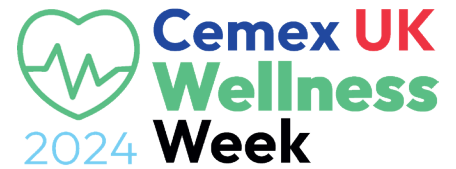


# How to convert your activities into steps and log



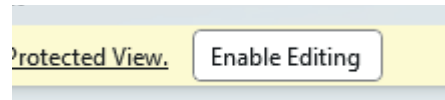
## 1. Download conversion tool



<https://cemexuknews.co.uk/downloads/download-info/cemex-wellness-week-daily-log/>

Click to download

## 2. Open tool in excel and enable editing



## 3. Select you activity from the long list of activites and insert th enumber of minutes spent doing it in the column shown below.

### Activities that can be counted towards step total

#### Conversion Table

Fill in your time to find the find your equivalent step count

	Step Count Per Minute	No of Minutes	Equivalent Steps
Aerobic dancing class	127		0
Aerobic fitness class	181		0
Aerobics, low impact	125		0
Aerobics, step	153		0
Badminton, casual	131		0
Badminton, competitive	160		0
Ballet dancing	120		0

Complete this column      this number to table above

## 3. Select you activity from the long list of activites and insert the number of minutes spent doing it in the column shown below.

## 4. Share your daily total with your team Captain or log your steps as an individulal.



### Conversion tool

Use this form to calculate you activity's MILE equavlent

Find your activity in the list below - fill in your time spent on that activity, then tra

	16-Sep	17-Sep	18-Sep	19-Sep
Activity 1 - step total				
Activity 2 - step total				
Activity 3 - step total				
Activity 4 - step total				
Activity 5 - step total				
Daily STEP Total		0	0	0

Captains/Individuals click or scan to log your daily step totals.

<https://forms.office.com/r/1EuN-rvk5tm>

Click to Open

