

Welcome to "Into the Unknown: A Step Adventure!"

Program Overview:

Welcome to your thrilling journey through the mysterious Black Forest! Over the next four weeks, you'll be challenged to stay active, solve puzzles, and navigate through obstacles. Each step you take brings you closer to completing your adventure.

How to Use This Tracker:

- **Daily Step Goal:** Each morning, set a step goal to aim for during the day.
- **Steps:** Record your daily steps in the "Steps" column and track your progress daily.
- **Converted Steps:** If you're doing other physical activities, convert those to steps using the activity conversion rate: **10 minutes of activity = 1,000 steps**. Log these in the "Converted Steps" column.
- **Total Steps:** At the end of each day, add your steps and converted steps together and record the total in the "Total Steps (Including Converted)" column.

Weekly Totals: At the end of each week, sum up your total steps to see how far you've come.

Challenges and Lifelines:

- **Weekly Challenges:** Each week comes with a unique challenge that ties into your adventure story. Successfully completing these challenges will unlock the next chapter.
- **Lifelines:** You have three Lifelines to use throughout the program. If you don't meet your step goal or complete a challenge, you can use a Lifeline to continue progressing in the story. At the end of the program, unused Lifelines can be entered into a special raffle.

Weekly Surveys:

Each week, you'll receive a survey via email to report your total steps, confirm whether you met your goal, and indicate if you used a Lifeline. The surveys will also be available at www.bettermelmc.com. If you do not complete the weekly challenge or use a Lifeline, your story will end there.

Weekly Tracker: Your weekly step tracker is on the back of this page. Use it to log your progress each day and stay on track throughout your adventure.

Weekly Step Summary Table

Week	Total Steps for the Week	Goal Met? (Yes/No)	Lifeline Used? (Yes/No)
Week 1			
Week 2			
Week 3			
Week 4			
Program Totals			

Day & Date	Daily Step Goal	Steps	Converted Steps	Total Steps (Including Converted)
Monday, September 2				
Tuesday, September 3				
Wednesday, September 4				
Thursday, September 5				
Friday, September 6				
Saturday, September 7				
Sunday, September 8				
Weekly Totals:				

Day & Date	Daily Step Goal	Steps	Converted Steps	Total Steps (Including Converted)
Monday, September 9				
Tuesday, September 10				
Wednesday, September 11				
Thursday, September 12				
Friday, September 13				
Saturday, September 14				
Sunday, September 15				
Weekly Totals:				

Day & Date	Daily Step Goal	Steps	Converted Steps	Total Steps (Including Converted)
Monday, September 16				
Tuesday, September 17				
Wednesday, September 18				
Thursday, September 19				
Friday, September 20				
Saturday, September 21				
Sunday, September 22				
Weekly Totals:				

Day & Date	Daily Step Goal	Steps	Converted Steps	Total Steps (Including Converted)
Monday, September 23				
Tuesday, September 24				
Wednesday, September 25				
Thursday, September 26				
Friday, September 27				
Saturday, September 28				
Sunday, September 29				
Weekly Totals:				
Program Total:				