

How Far Have You Walked?!?

Wearing your pedometer each day will allow you to track how many steps you take each day. At the end of each day, write the number of steps you have taken in your FaCES notebook. Keep track of your progress to see how far across America you have walked!



Downtown Worcester to...	Steps	Miles
Elm Park	7,920	1½
Green Hill Park	10,560	2
Worcester Airport	26,400	5
Wachusett Mountain (bottom)	110,880	21
Quabbin Reservoir	190,080	36
Boston	227,040	43
New York City	987,360	187
Baseball Hall of Fame, New York	1,071,840	203
Washington D.C	1,900,800	360
Myrtle Beach, South Carolina	4,461,600	845
Mall of America (Minnesota)	5,728,800	1,085
Disney World (Florida)	7,233,600	1,370
Cowboy Stadium in Arlington, Texas	9,424,800	1,785
Grand Canyon	13,786,080	2,611
Los Angeles, California	15,591,840	2,953
Anchorage, Alaska	23,881,440	4,523

Make one or more goals for yourself. It could be the distance from your school to your favorite store or the distance from Worcester to a place you want to visit.

Place	Steps	Miles



In order to find out the number of miles you have walked from the number of steps you have taken, you will need to complete the math problem below:

_____ steps ÷ 5,280 = _____ miles
 Example: 52,800 steps ÷ 5,280 = 10 miles

