

BACK PAGE

**YOU COULD INCLUDE
LOGOS OF SPONSORS,
YOUR OWN GROUP,
G2G, ETC.**

COVER PAGE

**YOU COULD INCLUDE A
PHOTO, PICTURE,
CONTACT
INFORMATION, AND THE
NAME OF YOUR STRIDE
WALK**

Book # _____

This logbook belongs to:

Join the **GROUP NAME** and walk, bike, swim & exercise your way from **THIS LOCATION to THIS LOCATION (PROVIDE DISTANCES)** in support of the Grandmothers to Grandmothers Campaign of the Stephen Lewis Foundation.

- Log your steps each day
- Report your steps once a month to **CONTACT PERSON**
- Support the **GRANDMOTHERS GROUP** -we put the "Fun" in fundraising. Ask your family and friends to sponsor you
- Online pledges www.stridetoturnthetide.org
For cheques see inside back cover.
- For Information Contact **CONTACT PERSON**

**HAVING A KICKOFF OR ENDING PARTY? YOU
COULD INCLUDE THAT INFO HERE.**

Join our 6th Stride to Turn the Tide campaign.
In the last five years we have raised \$1,751,000.00 across the country

“We will not rest until they can rest”

Donations may be made online
www.stridetoturnthetide.org

or

Cheques may be made payable to:
The Stephen Lewis Foundation
Grandmothers to Grandmothers Campaign

Mail to:

YOUR GROUP'S ADDRESS

Grandmothers to Grandmothers Campaign
Easing the pain of HIV/AIDS in Africa
www.stephenlewisfoundation.org

Steps-to-Distance Conversion Table

Steps	KM	Steps	KM
500.....	0.40	5500.....	4.43
1000.....	0.80	6000.....	4.83
1500.....	1.21	6500.....	5.23
2000.....	1.61	7000.....	5.63
2500.....	2.01	7500.....	6.03
3000.....	2.41	8000.....	6.44
3500.....	2.82	8500.....	6.84
4000.....	3.32	9000.....	7.24
4500.....	3.62	9500.....	7.64
5000.....	4.02	10,000.....	8.05

Quick conversion:

Steps divided by 1312 = KM

Activities-to-steps Conversion table

One minute of cycling = 150 steps

One minute of swimming = 150 steps

One minute of roller skating = 200 steps

IMPORTANT

If you have a medical condition or any other reason to doubt whether you should participate in this initiative, please consult your primary health care provider. It is a condition of your participation that you accept full responsibility for any personal injury resulting from your participation in this event

Remember who we are walking for.
They are counting on us.

WEEK# _____

Date	Day	Steps	Extra	KM
	Sunday			
	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			

Conversion table on last page

Total Steps / 1312 = KM

Total KM
this week

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