Record your results

| Distance to check | Estimate of footsteps | How many footsteps did it take? |
| :--- | :--- | :--- |
| From your sofa to your TV |  |  |
| From your bath to your sink |  |  |
| From your bed to your bedroom <br> door |  |  |
| From your kitchen, around your <br> house, through every room and <br> back to where you started in the <br> kitchen |  |  |

