

EXTREME VIRTUAL STOMP TRACKER

This will help you keep track of the staircases you complete. Leave it at the bottoms of your stairs and put a tick or a sticker in a box every time you have travelled up and back down your staircase. This is based on a staircase of 13 stairs.

Each box equals 26 stairs											MILESTONE ONE															
									MILESTONE TWO																	
											MILESTONE THREE															
																					MILESTONE FOUR					
												MILESTONE FIVE														
	MILESTONE SIX																									
										MILESTONE SEVEN																
												MILESTONE EIGHT														
																						MILESTONE NINE				
																										MILESTONE TEN
	YOU DID IT!																									

