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<th>Day of Week</th>
<th>Week 1</th>
<th>Week 2</th>
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<th>Week 8</th>
<th>Week 9</th>
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<th>Participant Total Steps</th>
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<tbody>
<tr>
<td>Participant Total Miles*</td>
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*Conversion factor of 2,000 steps equals 1 mile.