

Budgeting for the *Stepping On* Program



Use these estimates when working alongside your faith community to budget for a *Stepping On* workshop.

Printing Estimates

Exercise Manual

- **30 pages = 15 sheets 2-sided, black and white, on white copy paper**
- 30 pages x 12 participants = 360 pages /1 workshop x \$.05/page = \$18
x \$.10/page = \$36

Participant Handouts

- **56 pages, 1-sided, black and white, on white copy paper**
- 56 pages x 12 participants = 672 pages/1 workshop x \$.05/page = \$33.60
x \$.10/page = \$67.20

Ankle Weights Estimates

Estimates calculated for 6 sets of ankle weights – enough for 1 weight per participant. The cost of ankle weights ranges from around \$90 to \$210.

All Pro Adjustable Ankle Weights – 10 lbs from Amazon.com

- 1 set of 2 5 lb ankle weights = \$35 x 6 = \$210

Valeo Adjustable Ankle/Wrist Weights – 5 or 10 lbs from Amazon.com

- 1 set of 2 2.5 lb ankle weights = \$16 x 6 = \$96
- 1 set of 2 5 lb ankle weights = \$30 x 6 = \$180

GoFit Adjustable Ankle Weights – 5 or 10 lbs from Amazon.com

- 1 set of 2 2.5 lb ankle weights = \$15 x 6 = \$90
- 1 set of 2 5 lb ankle weights = \$25 x 6 = \$150

*Note: If you happen to be Lutheran, there may be funds for purchasing ankle weights through grants from Thrivent Financial.