LOGGING YOUR STEPS

1 mile = 2000 to 2200 steps

	Baseline Steps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Weekly Total								
Weekly Average								

	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Keep going
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Weekly Total								
Weekly Average								