	WEEK TOTAL STEPS	ONE TOTAL ACTIVITY TIME	WEEK TOTAL STEPS	TWO TOTAL ACTIVITY TIME	WEEK TOTAL STEPS	THREE TOTAL ACTIVITY TIME	WEEP TOTAL STEPS	FOUR TOTAL ACTIVITY TIME	WEEK TOTAL STEPS	FIVE TOTAL ACTIVITY TIME
DAILY GOAL										
INCREASE										
JANUARY										
FEBRUARY										
MARCH										
APRIL										
MAY										
JUNE										
JULY										
AUGUST										
SEPTEMBER										
OCTOBER										
NOVEMBER										
DECEMBER										
TOTAL STEPS										
AVERAGE STEPS										
NOTES:										