STEPS AND ACTIVITY LOG

MONTH_____

	WEEK ONE		WEEK TWO		WEEK THREE		WEEK FOUR		WEEK FIVE	
	STEPS	ACTIVITY TIME	STEPS	ACTIVITY TIME	STEPS	ACTIVITY TIME	STEPS	ACTIVITY TIME	STEPS	ACTIVITY TIME
DAILY GOAL										
INCREASE										
SUNDAY										
MONDAY										
TUESDAY										
WEDNESDAY										
THURSDAY										
FRIDAY										
SATURDAY										
TOTAL STEPS										
AVERAGE STEPS										
NOTES:										