

STEP TRACKER

WRITE DOWN YOUR NUMBER OF STEPS EACH DAY








TARGET: _____



CHALLENGE:

CAN YOU REACH 10,000 STEPS EACH DAY



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NUMBER OF STEPS							
NUMBER OF STEPS							
NUMBER OF STEPS							
NUMBER OF STEPS							
NUMBER OF STEPS							
HIGHEST NUMBER OF STEPS							

COMMENTS: _____
