



Step Tracker

Name: _____

Team Name: _____

Write down the number of steps you take each day. See if you can find ways to boost your daily totals.
Remember, no matter how many steps you take, adding additional steps is good for your health.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total # of Steps
Week 1 1 March 25— March 31	<input type="text"/> 6,000 Steps/Day = Good	<input type="text"/> 8,000 Steps/Day = Better	<input type="text"/> 10,000 Steps/Day = BEST!	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/> Remember to report your steps to your team captain at the end of each week
Week 2 2 April 1- April 7	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 3 3 April 8- April 14	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 4 4 April 15- April 21	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 5 5 April 22- April 28	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 6 6 April 29- May 5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

This tracker is for your personal use & you will not be required to submit this form