

# STEP COUNT TRACKER

Month/Year: \_\_\_\_\_ Goal: 10,000 steps/day

| DAY | DATE | STEP COUNT | ACTIVITY / NOTES |
|-----|------|------------|------------------|
|-----|------|------------|------------------|

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEKLY TOTAL  
DAILY AVERAGE  
DAYS GOAL MET