

STEP TRACKER

Daily Movement Log

Month: _____ 20____

DAY	TOTAL STEPS	GOAL MET	ACTIVITY NOTES
-----	-------------	----------	----------------

Monday		[]	
---------------	--	-----	--

Tuesday		[]	
----------------	--	-----	--

Wednesday		[]	
------------------	--	-----	--

Thursday		[]	
-----------------	--	-----	--

Friday		[]	
---------------	--	-----	--

Saturday		[]	
-----------------	--	-----	--

Sunday		[]	
---------------	--	-----	--

WEEKLY AVERAGE
HIGHEST STEP COUNT
WEEKLY REFLECTION