

STEP COUNT & ACTIVITY TRACKER

Monthly Progress Chart

Month/Year:
Monthly Goal:

| DAY | DAILY STEP COUNT | ACTIVE MINUTES | GOAL MET | ACTIVITY TYPE |
|-----|------------------|----------------|----------|---------------|
| 01 | | | | |
| 02 | | | | |
| 03 | | | | |
| 04 | | | | |
| 05 | | | | |
| 06 | | | | |
| 07 | | | | |
| 08 | | | | |

| DAY | DAILY STEP COUNT | ACTIVE MINUTES | GOAL MET | ACTIVITY TYPE |
|------------|-----------------------------|---------------------------|---------------------|----------------------|
|------------|-----------------------------|---------------------------|---------------------|----------------------|

09

10

Reflections & Monthly Summary...