

STEP COUNT TRACKER

Month: _____ Year: _____ Daily Target: _____ steps

| DAY | DAILY GOAL | ACTUAL STEPS | NOTES / ACTIVITY |
|-----|------------|--------------|------------------|
|-----|------------|--------------|------------------|

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly Total
Daily Average
Goals Met

"Success is the sum of small efforts, repeated day in and day out."