

# MONTHLY STEP LOG

MONTH: \_\_\_\_\_ YEAR: \_\_\_\_\_

DAY	STEPS	DISTANCE	NOTES
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			

DAY	STEPS	DISTANCE	NOTES
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12

13

14

15

16

17

18

19

20

21

22

DAY	STEPS	DISTANCE	NOTES
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23

24

25

26

27

28

29

30

31

TOTAL MONTHLY STEPS  
DAILY AVERAGE  
GOAL MET (DAYS)