



**Name:** \_\_\_\_\_

**Keep Track:** Use this log to keep track of your daily steps for the next six weeks. *Strive for 10,000 steps or more per day.*

**Remember:** The goal is to increase your daily physical activity.  
*Every step counts!*

*In each box,  
record the  
number of steps  
you walked  
each day.*

Week  
1

Week  
2

Week  
3

Week  
4

Week  
5

Week  
6

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**TOTAL**