

STEP LOG

At the end of the day, record the steps from your pedometer on the log. Add the steps at the end of week for the total. Divide the total by the number of days you recorded for the average. Your goal is to increase your daily average every week by 500 steps or by 10%.

	Week of ____	Week of ____	Week of ____	Week of ____
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
TOTAL				
AVERAGE				

	Week of ____	Week of ____	Week of ____	Week of ____
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
TOTAL				
AVERAGE				

	Week of ____	Week of ____	Week of ____	Week of ____
Monday				
Tuesday				
Wednesday				
Thursday				
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TOTAL				
AVERAGE				