



10,000 steps tracking log

Name _____

Date	Types of activity	Number of steps taken
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Week 1 Total:		

*Remember to turn in your tracking log to Hallie Warnock (email OR hard copy).



10,000 steps tracking log

Name _____

Date	Types of activity	Number of steps taken
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Week 2 Total:		

*Remember to turn in your tracking log to Hallie Warnock (email OR hard copy).