




PEDOMETER STEP LOG

Check the 'Thumbs Up' when you meet your daily step goal.

Week of

Day	Date	Pedometer Steps	My Goal Steps
EXAMPLE TUESDAY	12 June	8,324	7,000
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

This weeks total steps :

Total Actual Steps  Total Goal Steps


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