



STEP TRACKER

Write down the number of steps you took at the end of each day & tally your weekly total!

NAME: _____

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEKLY
TOTAL

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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STEP TRACKER

Write down the number of steps you took at the end of each day & tally your weekly total!

NAME: _____

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEKLY
TOTAL

WEEK 5

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WEEK 6

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WEEK 7

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WEEK 8

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