



# 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

--	--	--	--	--	--	--

\_\_\_\_\_

WEEK 3

--	--	--	--	--	--	--

\_\_\_\_\_

WEEK 4

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\_\_\_\_\_



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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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\_\_\_\_\_