

Pedometer Step Log



Week # _____ Date _____

Goal minutes of walking this week _____

Goal total steps taken this week _____

	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
Minutes walked								
Total # steps								
Distance in miles								
Pace*								
Noteworthy thoughts								

* Pace: Slow, medium or brisk

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