Step Up To Fitness Step Tracker

Baseline Steps: _____ **Date:** _____

Week	Goal for This Week (Steps per Day)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Average Total # Steps / 7 Days
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									