



# Pedometer Step Tracker

Baseline Steps: \_\_\_\_\_

Date: \_\_\_\_\_

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

