



Daily Step Log

Start a new class in your Step Tracker to use with this format.
www.eatmovelearn.com/steptracker

Name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 11							
Steps							
Step Equivalents							
Total							
Week 12							
Steps							
Step Equivalents							
Total							
Week 13							
Steps							
Step Equivalents							
Total							
Week 14							
Steps							
Step Equivalents							
Total							
Week 15							
Steps							
Step Equivalents							
Total							
Week 16							
Steps							
Step Equivalents							
Total							
Week 17							
Steps							
Step Equivalents							
Total							
Week 18							
Steps							
Step Equivalents							
Total							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 19							
Steps							
Step Equivalents							
Total							
Week 20							
Steps							
Step Equivalents							
Total							
Week 21							
Steps							
Step Equivalents							
Total							
Week 22							
Steps							
Step Equivalents							
Total							
Week 23							
Steps							
Step Equivalents							
Total							
Week 24							
Steps							
Step Equivalents							
Total							
Week 25							
Steps							
Step Equivalents							
Total							
Week 26							
Steps							
Step Equivalents							
Total							
Week 27							
Steps							
Step Equivalents							
Total							

*Step equivalents of activity not tracked by the pedometer, such as swimming, roller blading or biking.

