

Step Forward Individual Activity Log

Directions: For the next six weeks, keep track of your daily steps on the walking log. At the end of the program, return your walking log to the program coordinator. In each box below, record the number of steps accumulated for each day.

Remember: The goal of this program is to increase your physical activity, so don't compare your daily activity to someone else's. Your goal is to take more steps per day by the end of the program than you did at the beginning.

Name:	Team Name:
E-mail:	Phone:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Total
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								
WEEK 6								
Total:								

Goals

Whether your goal is to walk 30 minutes a day, or to lose five pounds by the end of this walking campaign, your goal is more tangible if it's written down. By writing your goals on the lines below, you'll have a constant reminder and a little extra push to achieve what you set out to do in the beginning.

Daily goal:

Weekly goal:

Overall goal: