



# Pedometer Challenge

## Daily Walking Log Sheet

Remember to wear ...

- loose, comfortable clothing
- shoes that give you the best support, comfort and balance
- sunscreen and a hat

	Your Daily Stepping Goal	Your Total Number of Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Grand Total for the Week</b>		

Name: \_\_\_\_\_