

# Step Tracking Log



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

Directions:  
Record your **daily steps** on this Individual Log Sheet.

## Steps Walked & Pounds/Inches Lost

<i>Day</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
<i>Saturday</i>							
<i>Sunday</i>							
<i>Monday</i>							
<i>Tuesday</i>							
<i>Wednesday</i>							
<i>Thursday</i>							
<i>Friday</i>							

Total Steps Walked and Total Pounds/Inches Lost \_\_\_\_\_  
(add weekly totals above)

About how many minutes did you usually walk each time you walked? \_\_\_\_\_