



## Eight Week Step Tracker

Name: \_\_\_\_\_ Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

	1	2	3	4	5	6	7	8
<b>Sunday</b>								
<b>Monday</b>								
<b>Tuesday</b>								
<b>Wednesday</b>								
<b>Thursday</b>								
<b>Friday</b>								
<b>Saturday</b>								
<b>Weekly Total</b>								
<b>Daily Average</b> <i>(Divide weekly total by 7)</i>								

**Add Daily Averages and divide by 8 for Eight Week Daily Average: \_\_\_\_\_**

**Eight Week Daily Step Goal: \_\_\_\_\_**