

Name: _____

Team: _____

January 2010- 100,000 Steps Tracker Log

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Weekly Total
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

Total
Monthly
Steps

Congratulations on completing your log sheet! Please return your completed Step Tracker Log to your team captain by the end of the month if you have met the goal of walking 100,000 steps. The Monthly Total must be added completely to be counted for steps.