

10,000 Steps Log Sheet

Use the chart below to log your total daily steps.

Success is determined as meeting the 10,000 a day step goal, most days of the week, or showing adequate progress toward that goal. Adequate progress is approximately a 20% increase each week.

	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.	Weekly Average (Not total)
Week 1 Sept. 26 – Oct. 2 <u>Baseline Week</u>								
Week 2 Oct. 3 – 9								
Week 3 Oct. 10 – 16								
Week 4 Oct. 17 – 23								
Week 5 Oct. 24 – Oct. 30								
Week 6 Oct. 31 – Nov. 6								
Week 7 Nov. 7 – 13								
Week 8 Nov. 14 – 20								

I (print name) _____ confirm that I completed the above number of steps.

Signature _____ Date _____

School/Office _____

Mailing location _____

Submit this form to the
Employee Wellness Program, Pulaski Park, Suite 219
by November 23rd