

Week __			Personal Goals
Day	Date	Steps/Miles	_____ steps or miles/week
Monday	____/____	_____	◆
Tuesday	____/____	_____	◆
Wed	____/____	_____	◆
Thursday	____/____	_____	◆
Friday	____/____	_____	◆
Saturday	____/____	_____	◆
Sunday	____/____	_____	◆
Weekly Average _____ (steps/miles)			

Week __			Personal Goals
Day	Date	Steps/Miles	_____ steps or miles/week
Monday	____/____	_____	◆
Tuesday	____/____	_____	◆
Wed	____/____	_____	◆
Thursday	____/____	_____	◆
Friday	____/____	_____	◆
Saturday	____/____	_____	◆
Sunday	____/____	_____	◆
Weekly Average _____ (steps/miles)			