

**Step to Log**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|   | Date |   |   |   |  |   | Date |   |   |   |
| Week 1 | Weight |   |  |   |  | Week 2 | Weight |   |  |   |
|   |   |   |   |   |  |   |   |   |   |   |
|   | Time | Steps | Miles | Calories |  |   | Time | Steps | Miles | Calories |
| Monday |   |   |   |   |  | Monday |   |   |   |   |
| Tuesday |   |   |   |   |  | Tuesday |   |   |   |   |
| Wednesday |   |   |   |   |  | Wednesday |   |   |   |   |
| Thursday |   |   |   |   |  | Thursday |   |   |   |   |
| Friday |   |   |   |   |  | Friday |   |   |   |   |
| Saturday |   |   |   |   |  | Saturday |   |   |   |   |
| Sunday |   |   |   |   |  | Sunday |   |   |   |   |
| Total |   |   |   |   |  | Total |   |   |   |   |
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|   | Date |   |   |   |  |   | Date |  |   |   |
| Week 3 | Weight |   |  |   |  | Week 4 | Weight |   |  |   |
|   |   |   |   |   |  |   |   |   |   |   |
|   | Time | Steps | Miles | Calories |  |   | Time | Steps | Miles | Calories |
| Monday |   |   |   |   |  | Monday |   |   |   |   |
| Tuesday |   |   |   |   |  | Tuesday |   |   |   |   |
| Wednesday |   |   |   |   |  | Wednesday |   |   |   |   |
| Thursday |   |   |   |   |  | Thursday |   |   |   |   |
| Friday |   |   |   |   |  | Friday |   |   |   |   |
| Saturday |   |   |   |   |  | Saturday |   |   |   |   |
| Sunday |   |   |   |   |  | Sunday |   |   |   |   |
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|   | Date |   |   |   |  |   | Date |   |   |   |
| Week 5 | Weight |   |  |   |  | Week 6 | Weight |   |  |   |
|   |   |   |   |   |  |   |   |   |   |   |
|   | Time | Steps | Miles | Calories |  |   | Time | Steps | Miles | Calories |
| Monday |   |   |   |   |  | Monday |   |   |   |   |
| Tuesday |   |   |   |   |  | Tuesday |   |   |   |   |
| Wednesday |   |   |   |   |  | Wednesday |   |   |   |   |
| Thursday |   |   |   |   |  | Thursday |   |   |   |   |
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| Saturday |   |   |   |   |  | Saturday |   |   |   |   |
| Sunday |   |   |   |   |  | Sunday |   |   |   |   |
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|   | Date |   |   |   |  |   | Date |   |   |   |
| Week 7 | Weight |   |  |   |  | Week 8 | Weight |   |  |   |
|   |   |   |   |   |  |   |   |   |   |   |
|   | Time | Steps | Miles | Calories |  |   | Time | Steps | Miles | Calories |
| Monday |   |   |   |   |  | Monday |   |   |   |   |
| Tuesday |   |   |   |   |  | Tuesday |   |   |   |   |
| Wednesday |   |   |   |   |  | Wednesday |   |   |   |   |
| Thursday |   |   |   |   |  | Thursday |   |   |   |   |
| Friday |   |   |   |   |  | Friday |   |   |   |   |
| Saturday |   |   |   |   |  | Saturday |   |   |   |   |
| Sunday |   |   |   |   |  | Sunday |   |   |   |   |
| Total |   |   |   |   |  | Total |   |   |   |   |
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|   | Date |  |   |   |  |   | Date |  |   |   |
| Week 9 | Weight |   |  |   |  | Week 10 | Weight |   |  |   |
|   |   |   |   |   |  |   |   |   |   |   |
|   | Time | Steps | Miles | Calories |  |   | Time | Steps | Miles | Calories |
| Monday |   |   |   |   |  | Monday |   |   |   |   |
| Tuesday |   |   |   |   |  | Tuesday |   |   |   |   |
| Wednesday |   |   |   |   |  | Wednesday |   |   |   |   |
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| Friday |   |   |   |   |  | Friday |   |   |   |   |
| Saturday |   |   |   |   |  | Saturday |   |   |   |   |
| Sunday |   |   |   |   |  | Sunday |   |   |   |   |
| Total |   |   |   |   |  | Total |   |   |   |   |
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