

**Step to Log**

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|  | | | Date | | |  | | |  | | |  | | |  | | |  | | | Date | | |  | | |  | | |  | | |
| Week 1 | | | Weight | | |  | | |  | | |  | | |  | | | Week 2 | | | Weight | | |  | | |  | | |  | | |
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|  | | | 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 | | |  | | |  | | |  | | |
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|  | | | 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 5 | | | Weight | | |  | | |  | | |  | | |  | | | Week 6 | | | Weight | | |  | | |  | | |  | | |
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|  | | | 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 7 | | Weight | | |  | | |  | | |  | | |  | | | Week 8 | | | Weight | | |  | | |  | | |  | | |
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|  | | Time | | | Steps | | | Miles | | | Calories | | |  | | |  | | | Time | | | Steps | | | Miles | | | Calories | | |
| Monday | |  | | |  | | |  | | |  | | |  | | | Monday | | |  | | |  | | |  | | |  | | |
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| Thursday | |  | | |  | | |  | | |  | | |  | | | Thursday | | |  | | |  | | |  | | |  | | |
| Friday | |  | | |  | | |  | | |  | | |  | | | Friday | | |  | | |  | | |  | | |  | | |
| Saturday | |  | | |  | | |  | | |  | | |  | | | Saturday | | |  | | |  | | |  | | |  | | |
| Sunday | |  | | |  | | |  | | |  | | |  | | | Sunday | | |  | | |  | | |  | | |  | | |
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| Week 9 | Weight | | |  | | |  | | |  | | |  | | | Week 10 | | | Weight | | |  | | |  | | |  | | |
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|  | 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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