

- ① Record your steps each day.
- ② Add them up at the end of week and enter them in the Weekly Total box.

	<b>Weekly Total</b>
	Sunday
	Saturday
	Friday
	Thursday
	Wednesday
	Tuesday
	Monday
<b>Day:</b>	<b># of Steps:</b>

**Step Journal for the Week of:**

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Tuesday	
Wednesday	
Thursday	
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Saturday	
Sunday	
<b>Weekly Total</b>	

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