

- ① Record your steps each day.
- ② Add them up at the end of week and enter them in the Weekly Total box.
- ③ Go to <http://www.mihealthtools.org/localhealth> and log in to report your total steps for the week.

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Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Total	

Step Journal for the Week of:

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