**Step into Fitness Program**

**Step Tracker Log Sheet**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Start Weight \_\_\_\_\_\_\_**

**Pedometer # \_\_\_\_\_\_ End Weight \_\_\_\_\_\_\_\_**

**7th Period Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Week 1**  **Total Steps** | **Week 2**  **Total Steps** | **Week 3**  **Total Steps** | **Check Out Time** | **Check In**  **Time** |
| **Day 1** |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |
| **Day 4** |  |  |  |  |  |
| **Day 5** |  |  |  |  |  |
| **Total** |  |  |  |  |  |

**Step into Fitness Program**

**Step Tracker Log Sheet**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Start Weight \_\_\_\_\_\_\_**

**Pedometer # \_\_\_\_\_\_ End Weight \_\_\_\_\_\_\_\_**

**7th Period Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Week 1**  **Total Steps** | **Week 2**  **Total Steps** | **Week 3**  **Total Steps** | **Check Out Time** | **Check In**  **Time** |
| **Day 1** |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |
| **Day 4** |  |  |  |  |  |
| **Day 5** |  |  |  |  |  |
| **Total** |  |  |  |  |  |

**Step into Fitness Program**

**Step Tracker Log Sheet**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Start Weight \_\_\_\_\_\_\_**

**Pedometer # \_\_\_\_\_\_ End Weight \_\_\_\_\_\_\_\_**

**7th Period Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Week 1**  **Total Steps** | **Week 2**  **Total Steps** | **Week 3**  **Total Steps** | **Check Out Time** | **Check In**  **Time** |
| **Day 1** |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |
| **Day 4** |  |  |  |  |  |
| **Day 5** |  |  |  |  |  |
| **Total** |  |  |  |  |  |