My Walking Steps Tracker

Walking is for every age — one step at a time.

Name: _____ **Week of:** _____

My daily step goal: _____ **My weekly step goal:** _____

Day	My Step Goal	Steps I Took	Notes / How I Felt
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Weekly Total			

My best day this week: _____ **because:** _____

Every step counts — even the small ones.