



Week 0 EXAMPLE		Goal:	10,00	ek							
Activity:			Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	er of Steps:	8750	9300	5500	2600	8750			34900	
Other Activity:	Minutes/Miles	Conversion		Conv							
1: swimming	30	150			4500					4500	50200
2: aerobic class	45	200							9000	9000	
3: bike riding	15	120				1800				1800	





Week 1			Goal:	10,00	0 steps	s/day	OR 5				
Activity:		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:	
Walking	Daily Numbe	er of Steps:									
Other Activity:	Minutes/Miles	Conversion		Con							
1:											
2:											
3:											

Week 2			Goal:	10,00	0 steps	/day (OR 50,000 steps/week				
Activity:			Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	er of Steps:									
Other Activity:	Minutes/Miles	Conversion		Con							
1:											
2:											
3:											

Week 3			Goal:	10,00	0 steps	/day	OR 5	0,000 st			
Activity:			Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Numbe	er of Steps:									
Other Activity:	Minutes/Miles	Conversion		Con							
1:											
2:											
3:											

Week 4			Goal: 10,000 steps/day OR 50,000 steps/day						0 steps/week			
Activity:			Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:	
Walking	Daily Numbe	r of Steps:										
Other Activity:	Minutes/Miles	Conversion		Con								
1:												
2:												
3:												