

Let's Get Active - One Step at a Time

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
|---------------|--------|--------|--------|--------|--------|--------|--------|--------|
| Daily Goal | | | | | | | | |
| Sunday | | | | | | | | |
| Monday | | | | | | | | |
| Tuesday | | | | | | | | |
| Wednesday | | | | | | | | |
| Thursday | | | | | | | | |
| Friday | | | | | | | | |
| Saturday | | | | | | | | |
| Daily Average | | | | | | | | |
| Comments | | | | | | | | |