

# Take the Step One CHALLENGE: WALKING LOG

Please print information clearly.

Participant Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

Please turn in all walking log pages, even if you did not complete the entire 6 weeks. Steps walked will be counted toward your team's total. Simply leave blank those logs not used.

## Walking Log: Week 1 (April 25- May 1)

Day of Week	Daily # of Steps Taken	Activity Chart Conversions		Weekly Total # of Steps
		Activity/Time	Steps	
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekly Total				

## Walking Log: Week 2 (May 2 – May 8)

Day of Week	Daily # of Steps Taken	Activity Chart Conversions		Weekly Total # of Steps
		Activity/Time	Steps	
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekly Total				



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Walking Log: Week 3 (May 9 – May 15)				
Day of Week	Daily # of Steps Taken	Activity Chart Conversions		Weekly Total # of Steps
		Activity/Time	Steps	
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekly Total				

Walking Log: Week4 (May 16 – May 22)				
Day of Week	Daily # of Steps Taken	Activity Chart Conversions		Weekly Total # of Steps
		Activity/Time	Steps	
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekly Total				



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Team Name: \_\_\_\_\_

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## Walking Log: Week 5 (May 23 – May 29)

Day of Week	Daily # of Steps Taken	Activity Chart Conversions		Weekly Total # of Steps
		Activity/Time	Steps	
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekly Total				

## Walking Log: Week 6 (May 30-June 5)

Day of Week	Daily # of Steps Taken	Activity Chart Conversions		Weekly Total # of Steps
		Activity/Time	Steps	
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekly Totals				

