

MONTH

# 30 DAY STEPS

# Tracker

## Walk your way to 10,000 steps a day

Movement is Key. Steps are a good way to move. Write down your step count each day and keep yourself accountable!

DAYS	STEPS	DATE	STEPS
01		16	
02		17	
03		18	
04		19	
05		20	
06		21	
07		22	
08		23	
09		24	
10		25	
11		26	
12		27	
13		28	
14		29	
15		30	