



2018 edition



GOAL:
10 DAYS
100,000 STEPS

PERSONAL STEP LOG



INSTRUCTIONS: This form is for your personal use to track your steps. Fill out the number of steps you take per day (24-hr. period)...this includes walking and other activities via the 'Steps Conversion Chart' (turn bike miles into steps!). Use your phone, fitbit, pedometer, or educated guess (15 minute walk = 1,000 steps). Submit your total steps to your team captain at the end of week #1 and week #2. Celebrate your job well done with cake...or some other reward as you see fit. Bravo! Results will be released the first week of October, bragging rights will be granted.

TEAM NAME/CAPTAIN: _____

YOUR NAME: _____

FP&M DIVISION and/or UNIT: _____

WEEK 1 (September 17-21)

WEEK 2 (September 24-28)

MONDAY

Total Steps/Conversion Steps

Total Steps/Conversion Steps

TUESDAY

Total Steps/Conversion Steps

Total Steps/Conversion Steps

WEDNESDAY

Total Steps/Conversion Steps

Total Steps/Conversion Steps

THURSDAY

Total Steps/Conversion Steps

Total Steps/Conversion Steps

FRIDAY

Total Steps/Conversion Steps

Total Steps/Conversion Steps

SUB-TOTAL WEEK 1

SUB-TOTAL WEEK 1

Turn in totals to **TEAM CAPTAIN** after:

- SUB-TOTAL WEEK 1
- GRAND TOTAL WEEKS 1&2

GRAND TOTAL WEEKS 1 & 2