

STEP GOAL FOR WEEKS 1 - 4: _____

DAY	BASELINE STEPS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
WEEKLY TOTAL					
DAILY AVERAGE					

STEP GOAL FOR WEEKS 5 - 9: _____

DAY	BASELINE STEPS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
WEEKLY TOTAL					
DAILY AVERAGE					

STEP GOAL FOR WEEKS 10 - 14: _____

DAY	BASELINE STEPS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
WEEKLY TOTAL					
DAILY AVERAGE					