



In Step with Faith, Activity and Nutrition

Physical Activity and Walking Log Month 1



Week 1

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Week 2

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Week 3

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Week 4

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Notes:
