STEPAHEAD TO AN ACTIVE LIFE

# STEP COUNTING RECORD

This weekly log will help you keep track of the number of steps you walk using a step counter, or pedometer. Each row is a new week. Simply enter the number of steps that you walk each day of the week. Then you can add up your weekly totals to see how you're doing over time.

| Week Starting | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Division of Preventive and Behavioral Medicine, University of Massachusetts Medical School
Supported by Grant # R01 HL079483-01 from, The National Heart, Lung and Blood Institute