

Your Personal Step Log

Post This Sheet On The Fridge At Home,
Others May Be Encouraged By Your Efforts



Month: _____

Goals for the month: _____



Check the heart when you have a 10,000 Step Day.

Goal: 1 Steps: _____ Minutes: _____ 	Goal: 2 Steps: _____ Minutes: _____ 	Goal: 3 Steps: _____ Minutes: _____ 	Goal: 4 Steps: _____ Minutes: _____ 	Goal: 5 Steps: _____ Minutes: _____ 	Goal: 6 Steps: _____ Minutes: _____
Goal: 7 Steps: _____ Minutes: _____ 	Goal: 8 Steps: _____ Minutes: _____ 	Goal: 9 Steps: _____ Minutes: _____ 	Goal: 10 Steps: _____ Minutes: _____ 	Goal: 11 Steps: _____ Minutes: _____ 	Goal: 12 Steps: _____ Minutes: _____
Goal: 13 Steps: _____ Minutes: _____ 	Goal: 14 Steps: _____ Minutes: _____ 	Goal: 15 Steps: _____ Minutes: _____ 	Goal: 16 Steps: _____ Minutes: _____ 	Goal: 17 Steps: _____ Minutes: _____ 	Goal: 18 Steps: _____ Minutes: _____
Goal: 19 Steps: _____ Minutes: _____ 	Goal: 20 Steps: _____ Minutes: _____ 	Goal: 21 Steps: _____ Minutes: _____ 	Goal: 22 Steps: _____ Minutes: _____ 	Goal: 23 Steps: _____ Minutes: _____ 	Goal: 24 Steps: _____ Minutes: _____
Goal: 25 Steps: _____ Minutes: _____ 	Goal: 26 Steps: _____ Minutes: _____ 	Goal: 27 Steps: _____ Minutes: _____ 	Goal: 28 Steps: _____ Minutes: _____ 	Goal: 29 Steps: _____ Minutes: _____ 	Goal: 30 Steps: _____ Minutes: _____
Goal: 31 Steps: _____ Minutes: _____ 	<p>Monthly Total: _____</p>				

10,000 Steps
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or visit our website

www.10000steps.org.au

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 Queensland Health



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Physical Activity
Every Step Counts