

Name: \_\_\_\_\_

## Step into Fitness Walking Log

This is for your records. You **do not** need to turn this in.

Use this log to keep track of your challenge points each day. Give yourself 1 point for every 10 minutes of walking. **Example: 10 minutes=1 point, 20 minutes=2 points.**

### Week 1 (April 3rd-April 9th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total

### Week 2 (April 10th-April 16th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total

### Week 3 (April 17th-April 23rd)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total

### Week 4 (April 24th-April 30th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total

**Total Challenge Points:** \_\_\_\_\_