

Step Tracker

Month: _____

My daily step goal: _____

Write your own scale:

Day	Date	Steps	Shade across to the number you walked										Notes
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
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25													
26													
27													
28													
29													
30													
31													

Write your own scale above the bars, draw a vertical line where your goal falls, then shade each day across to the number you walked. The goal is yours to set, or your clinician's to suggest.