



My Personal Step Log

Post this on your fridge. Others may be encouraged by your efforts.

Daily step goal: _____



Check the heart when you reach your daily step goal.

Key	Steps = Steps Walked	Extra = Extra Activities (1 minute = 100 steps; 1 km = 1250 Steps)	Total = Total Steps
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Week 1 - Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Steps							
Extra							
Total							

My Week 1 Total

Week 2 - Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Steps							
Extra							
Total							

My Week 2 Total

Week 3 - Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Steps							
Extra							
Total							

My Week 3 Total

Week 4 - Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Steps							
Extra							
Total							

My Week 4 Total

Week 5 - Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Steps							
Extra							
Total							

My Week 5 Total

Week 6 - Date	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
Steps							
Extra							
Total							

My Week 6 Total

My Total

"To continue to record your step count, you can access a free interactive online Step Log from the 10,000 Steps website, www.10000steps.org.au or you can print off another step log."

"Queensland Health provided the funding to Central Queensland University for the development of 10,000 Steps."

www.10000steps.org.au