

# My Personal Step Log

Every Step Counts.



Daily step goal: \_\_\_\_\_ ☒ Check the reward when you reach your daily step goal.

Steps = Steps Walked    Extra = Extra Activities    1 minute moderate activity\* = 100 steps    Total = Total Steps  
1 minute vigorous activity\*\* = 200 steps

\*Moderate activity is physical activity that causes a slight, but noticeable increase in breathing and heart rate. You can still maintain a conversation. E.g. brisk walking and swimming.

\*\*Vigorous activity is any activity that makes you "huff and puff" and where talking full sentences between breaths is difficult. E.g. Running and competitive sport.

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							

Sign up to the FREE 10,000 Steps website to continue recording your steps and view your progress towards your goals in the interactive dashboard.

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