

# 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	/	/	/	/	/	/	/

My Week 1 Total

Week 2 - Date	/	/	/	/	/	/	/

My Week 2 Total

Week 3 - Date	/	/	/	/	/	/	/

My Week 3 Total

Week 4 - Date	/	/	/	/	/	/	/

My Week 4 Total

Scan me



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

You can also join free online Monthly Challenges!

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10,000 Steps is a free physical activity program delivered by CQUniversity and proudly funded by the Queensland Government through Health and Wellbeing Queensland and Wellbeing SA, Government of SA.