

# My Personal Step Log

Every step counts.



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

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

\*Moderate activity is physical activity that takes some effort, increases breath and hear rate, but you are still able to talk (e.g. brisk walking, dancing, social tennis).

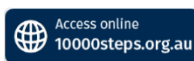
\*\*Vigorous activity is any activity that makes you "huff and puff" and where talking full sentences between breaths is difficult (e.g. running and competitive sport).

Weekly dates	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week Total							

Weekly dates	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week Total							

Weekly dates	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week Total							

Weekly dates	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week Total							



Sign up or login to 10,000 Steps for FREE.

Track your steps, view daily progress and graphs over time, connect with friends and family, and join Monthly Challenges!