

STEPS That Count IV Individual Worksheet

Turn this form into your team captain on Mondays!

Name: Team:

Week 1

Day of Week		Number of Steps Taken Today
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total Days Walked		Total Number of Steps
	-	

My average number of steps per day walked this week is: - _____

(Total number of steps divided by days walked)