



Student Step Counting Log

Name: _____

Class/Period: _____

1. First, find your starting point or baseline steps for week one.



2. Set your new step goal by adding 2000 steps to your week-one baseline. This will be your step goal for each week!

Week 1- Establish your baseline. Record total 24 hour step counts.

Monday (72 hr): _____

Tuesday (24 hr): _____

Wednesday (24 hr): _____

Thursday (24 hr): _____

Friday (24 hr): _____

Total steps for week 1: _____

Divide by 7 for daily step average

THIS IS YOUR STARTING POINT!

Week 2- Time to set a goal!

Last week's average _____ + 2000 =

Monday (72 hr): _____

Tuesday (24 hr): _____

Wednesday (24 hr): _____

Thursday (24 hr): _____

Friday (24 hr): _____

Total steps for week 2: _____

Divide by 7 for daily step average

DID YOU REACH YOUR GOAL? _____

Week 3- Keep on stepping!

Your goal is to reach the new step goal set during week 2!

Monday (72 hr): _____

Tuesday (24 hr): _____

Wednesday (24 hr): _____

Thursday (24 hr): _____

Friday (24 hr): _____

Total steps for week 3: _____

Divide by 7 for daily step average

DID YOU REACH YOUR GOAL? _____

Week 4- You can do this!

Your goal is to reach the new step goal set during week 2!

Monday (72 hr): _____

Tuesday (24 hr): _____

Wednesday (24 hr): _____

Thursday (24 hr): _____

Friday (24 hr): _____

Total steps for week 4: _____

Divide by 7 for daily step average

DID YOU REACH YOUR GOAL? _____

Week 5- Keep moving!

Your goal is to reach the new step goal set during week 2!

Monday (72 hr): _____

Tuesday (24 hr): _____

Wednesday (24 hr): _____

Thursday (24 hr): _____

Friday (24 hr): _____

Total steps for week 5: _____

Divide by 7 for daily step average

DID YOU REACH YOUR GOAL? _____





Student Step Counting Log (page 2)

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- 1. You've been more active for over 5 weeks - great job!
- 2. Continue with the goal you set in week two, and feel free to set a and even higher goal for yourself!



Week 6- Try something new!

Your goal is to reach the new step goal set during week 2!

Step goal

Monday (72 hr): _____

Tuesday (24 hr): _____

Wednesday (24 hr): _____

Thursday (24 hr): _____

Friday (24 hr): _____

Total steps for week 6: _____

Divide by 7 for daily step average

DID YOU REACH YOUR GOAL? _____

Week 7- Eat healthy too!

Your goal is to reach the new step goal set during week 2!

Step goal

Monday (72 hr): _____

Tuesday (24 hr): _____

Wednesday (24 hr): _____

Thursday (24 hr): _____

Friday (24 hr): _____

Total steps for week 7: _____

Divide by 7 for daily step average

DID YOU REACH YOUR GOAL? _____

Week 8- Two months!

Your goal is to reach the new step goal set during week 2!

Step goal

Monday (72 hr): _____

Tuesday (24 hr): _____

Wednesday (24 hr): _____

Thursday (24 hr): _____

Friday (24 hr): _____

Total steps for week 8: _____

Divide by 7 for daily step average

DID YOU REACH YOUR GOAL? _____

Week 9- Good job!

Your goal is to reach the new step goal set during week 2!

Step goal

Monday (72 hr): _____

Tuesday (24 hr): _____

Wednesday (24 hr): _____

Thursday (24 hr): _____

Friday (24 hr): _____

Total steps for week 9: _____

Divide by 7 for daily step average

DID YOU REACH YOUR GOAL? _____

Week 10- Keep on going!

Your goal is to reach the new step goal set during week 2!

Step goal

Monday (72 hr): _____

Tuesday (24 hr): _____

Wednesday (24 hr): _____

Thursday (24 hr): _____

Friday (24 hr): _____

Total steps for week 10: _____

Divide by 7 for daily step average

DID YOU REACH YOUR GOAL? _____

