

PEDOMETER RECORDING SHEET

First name: _____



WEEK	RECORD STEPS TAKEN DAILY							Week Average
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
Week 1 Dates _____								
Week 2 Dates _____								
Week 3 Dates _____								
Week 4 Dates _____								
Week 5 Dates _____								
Week 6 Dates _____								
Week 7 Dates _____								
Week 8 Dates _____								
Week 9 Dates _____								
Week 10 Dates _____								
Week 11 Dates _____								
Week 12 Dates _____								
Week 13 Dates _____								

PEDOMETER RECORDING SHEET

First name: _____



WEEK	RECORD STEPS TAKEN DAILY							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Week Average
Week 14 Dates _____								
Week 15 Dates _____								
Week 16 Dates _____								
Week 17 Dates _____								
Week 18 Dates _____								
Week 19 Dates _____								
Week 20 Dates _____								
Week 21 Dates _____								
Week 22 Dates _____								
Week 23 Dates _____								
Week 24 Dates _____								
Week 25 Dates _____								