

# Steps Tracker

Total Daily Steps	Total Daily Steps
Day 1 <input type="text"/>	Day 17 <input type="text"/>
Day 2 <input type="text"/>	Day 18 <input type="text"/>
Day 3 <input type="text"/>	Day 19 <input type="text"/>
Day 4 <input type="text"/>	Day 20 <input type="text"/>
Day 5 <input type="text"/>	Day 21 <input type="text"/>
Day 6 <input type="text"/>	Day 22 <input type="text"/>
Day 7 <input type="text"/>	Day 23 <input type="text"/>
Day 8 <input type="text"/>	Day 24 <input type="text"/>
Day 9 <input type="text"/>	Day 25 <input type="text"/>
Day 10 <input type="text"/>	Day 26 <input type="text"/>
Day 11 <input type="text"/>	Day 27 <input type="text"/>
Day 12 <input type="text"/>	Day 28 <input type="text"/>
Day 13 <input type="text"/>	Day 29 <input type="text"/>
Day 14 <input type="text"/>	Day 30 <input type="text"/>
Day 15 <input type="text"/>	Day 31 <input type="text"/>
Day 16 <input type="text"/>	

How many steps can you get each day? Can you reach the recommended 10,000 steps per day?

Track your daily steps using this tracking sheet.



**TULSA HEALTH**  
Department  
*School Health Program*