AIM INDEPENDENT LIVING CENTER
Step-It Up Log

Employee Name: _____

My Weekly Goal is: _____ steps.

Use the chart below to log your daily steps.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1 Date Ending								
Week 2 Date Ending								
Week 3 Date Ending								
Week 4 Date Ending								
Week 5 Date Ending								