

30 DAY STEP CHALLENGE

Track your Steps for 30 Days

MONTH _____

DAY 1 _____ STEPS	DAY 2 _____ STEPS	DAY 3 _____ STEPS	DAY 4 _____ STEPS	DAY 5 _____ STEPS
DAY 6 _____ STEPS	DAY 7 _____ STEPS	DAY 8 _____ STEPS	DAY 9 _____ STEPS	DAY 10 _____ STEPS
DAY 11 _____ STEPS	DAY 12 _____ STEPS	DAY 13 _____ STEPS	DAY 14 _____ STEPS	DAY 15 _____ STEPS
DAY 16 _____ STEPS	DAY 17 _____ STEPS	DAY 18 _____ STEPS	DAY 19 _____ STEPS	DAY 20 _____ STEPS
DAY 21 _____ STEPS	DAY 22 _____ STEPS	DAY 23 _____ STEPS	DAY 24 _____ STEPS	DAY 25 _____ STEPS
DAY 26 _____ STEPS	DAY 27 _____ STEPS	DAY 28 _____ STEPS	DAY 29 _____ STEPS	DAY 30 _____ STEPS