

My Personal Step Log

Every Step Counts.



Daily step goal: _____ Check the reward when you reach your daily step goal.

Steps = Steps Walked **Extra = Extra Activities** 1 minute moderate activity* = 100 steps **Total = Total Steps**
 1 minute vigorous activity** = 200 steps

***Moderate activity** is physical activity that causes a slight, but noticeable increase in breathing and heart rate. You can still maintain a conversation. E.g. brisk walking and swimming.
 ****Vigorous activity** is any activity that makes you "huff and puff" and where talking full sentences between breaths is difficult. E.g. Running and competitive sport.

Week 1 - Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week 1 Total							

Week 2 - Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week 2 Total							

Week 3 - Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week 3 Total							

Week 4 - Date	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week 4 Total							

My Monthly Total

Sign up to the **FREE 10,000 Steps** website to continue recording your steps and view your progress towards your goals in the interactive dashboard.

For further information on physical activity & programs contact:
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