

My Personal Step Log



Every step counts.

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

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

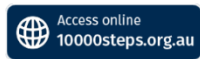
*Moderate activity is physical activity that takes some effort, increases breath and hear rate, but you are still able to talk (e.g. brisk walking, dancing, social tennis).
 **Vigorous activity is any activity that makes you "huff and puff" and where talking full sentences between breaths is difficult (e.g. running and competitive sport).

Weekly dates	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week Total							

Weekly dates	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week Total							

Weekly dates	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week Total							

Weekly dates	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Steps							
Extra							
Total		○	○	○	○	○	○
My Week Total							



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