



UNIFIED
FITNESS CLUBS



STEP TRACKER

Write down the number of steps you took at the end of each day & tally your weekly total!

NAME: _____

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEKLY
TOTAL

Week 1

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Week 2

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Week 3

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Week 4

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NAME: _____

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEKLY
TOTAL

Week 5

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Week 6

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Week 7

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Week 8

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