

# GetFIT Daily Step Log



Use a pedometer and the GetFIT Daily Step Log to start manually tracking your steps.

Week	Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									
Week 9									
Week 10									
Week 11									
Week 12									
Week 13									
Week 14									
Week 15									
Week 16									