

GO MONTHLY MOVE TRACKER

GET YOUR 30 MINUTES A DAY

PLEASE CHOOSE ONE INCREMENT PER WALK - DO NOT LOG SAME WALK TWICE.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL Week 1
DATE								
NUMBER OF STEPS								
NUMBER OF MINUTES								
NUMBER OF MILES								

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL Week 2
DATE								
NUMBER OF STEPS								
NUMBER OF MINUTES								
NUMBER OF MILES								

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL Week 3
DATE								
NUMBER OF STEPS								
NUMBER OF MINUTES								
NUMBER OF MILES								

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL Week 4
DATE								
NUMBER OF STEPS								
NUMBER OF MINUTES								
NUMBER OF MILES								

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL Week 5
DATE								
NUMBER OF STEPS								
NUMBER OF MINUTES								
NUMBER OF MILES								

MY MONTHLY TOTAL	
NUMBER OF STEPS	
NUMBER OF MINUTES	
NUMBER OF MILES	

GIVE IT A GO,
START TODAY

