



Weekend of Walkkill 30-Day Step Challenge



Step Log

Name: _____

Cell Phone # _____

| Date | Number of Steps |
|---------------|-----------------|
| Aug. 24, 2022 | |
| Aug. 25 | |
| Aug. 26 | |
| Aug. 27 | |
| Aug. 28 | |
| Aug. 29 | |
| Aug. 30 | |
| Aug. 31 | |
| Sept. 1 | |
| Sept. 2 | |
| Sept. 3 | |
| Sept. 4 | |
| Sept. 5 | |
| Sept. 6 | |
| Sept. 7 | |

| Date | Number of Steps |
|--------------------|-----------------|
| Sept. 8 | |
| Sept. 9 | |
| Sept. 10 | |
| Sept. 11 | |
| Sept. 12 | |
| Sept. 13 | |
| Sept. 14 | |
| Sept. 15 | |
| Sept. 16 | |
| Sept. 17 | |
| Sept. 18 | |
| Sept. 19 | |
| Sept. 20 | |
| Sept. 21 | |
| Sept. 22, 2022 | |
| Total Steps | |

All Steps (casual and intentional) count.

