



WORKING FOR A HEALTHIER TN



Steps Challenge Tracking Sheet

DIRECTIONS: Aim to complete 10,000 steps per day OR create your own [S.M.A.R.T. Goal](#) to make a realistic goal for YOU. Use a pedometer, [app](#) or other step tracking device to track your daily steps. The counters should be set to zero at the beginning of your workday and your total steps are recorded at the end of your day. Move more during your day by taking the stairs, walking at lunch and/or during breaks, etc. You can walk as many steps as possible within the 4 weeks of the challenge. Use this tracking sheet to keep track.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Average	Total Weekly Steps
Week 1									
Week 2									
Week 3									
Week 4									

Name: _____ Agency/Department: _____