

WASHINGTON STATE UNIVERSITY



CHELAN/DOUGLAS/OKANOGAN COUNTY EXTENSION

Week	Instructions	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Steps
	Last Week's Total Steps: _____ $\times 1.10 =$ This Week's Goal: _____ _____ steps per day to reach goal								
Comments:									
	Last Week's Total Steps: _____ $\times 1.10 =$ This Week's Goal: _____ _____ steps per day to reach goal	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Steps
Comments:									
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Comments:									