



# 09' Step Off Challenge Step Tracker

<b>Week One</b>		
	<b>Date</b>	<b>Total Steps</b>
Monday	10-Aug	
Tuesday	11-Aug	
Wednesday	12-Aug	
Thursday	13-Aug	
Friday	14-Aug	
Saturday	15-Aug	
Sunday	16-Aug	
<b>TOTAL STEPS</b>		<b>0</b>

  

<b>Week Two</b>		
	<b>Date</b>	<b>Total Steps</b>
Monday	17-Aug	
Tuesday	18-Aug	
Wednesday	19-Aug	
Thursday	20-Aug	
Friday	21-Aug	
Saturday	22-Aug	
Sunday	23-Aug	
<b>TOTAL STEPS</b>		<b>0</b>

  

<b>Week Three</b>		
	<b>Date</b>	<b>Total Steps</b>
Monday	24-Aug	
Tuesday	25-Aug	
Wednesday	26-Aug	
Thursday	27-Aug	
Friday	28-Aug	
Saturday	29-Aug	
Sunday	30-Aug	
<b>TOTAL STEPS</b>		<b>0</b>

  

<b>Week Four</b>		
	<b>Date</b>	<b>Total Steps</b>
Monday	31-Aug	
Tuesday	1-Sep	
Wednesday	2-Sep	
Thursday	3-Sep	
Friday	4-Sep	
Saturday	5-Sep	
Sunday	6-Sep	
<b>TOTAL STEPS</b>		<b>0</b>

  

<b>TOTAL MONTHLY STEPS</b>		<b>0</b>
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