

ಡ

## **Step log**

Jot down the number of steps you take each day.

	Week of:	
Longest walk		Number of steps
	Monday	
	Tuesday	
Nicest route	Wednesday	
	Thursday	
	Friday	
Notes	Saturday	
	Sunday	
	Total	

Provided as a public service by International Council on Active Aging. Please reproduce without modification.

www.icaa.cc

Changing the Way We Age®