Steps and Activity Log - Yearly Totals

| | WEEK ONE | | WEEKTWO | | WEEK THREE | | WEEK FOUR | | WEEK FIVE | |
|---------------|----------------|---------------------------|----------------|---------------------------|----------------|---------------------------|----------------|---------------------------|----------------|---------------------------|
| | TOTAL STEPS | TOTAL ACTIVITY TIME |
| DAILY GOAL | | | | | | | | | | |
| INCREASE | | | | | | | | | | |
| JANUARY | | | | | | | | | | |
| FEBRUARY | | | | | | | | | | |
| MARCH | | | | | | | | | | |
| APRIL | | | | | | | | | | |
| MAY | | | | | | | | | | |
| JUNE | | | | | | | | | | |
| JULY | | | | | | | | | | |
| AUGUST | | | | | | | | | | |
| SEPTEMBER | | | | | | | | | | |
| OCTOBER | | | | | | | | | | |
| NOVEMBER | | | | | | | | | | |
| DECEMBER | | | | | | | | | | |
| TOTAL STEPS | | | | | | | | | | |
| AVERAGE STEPS | | | | | | | | | | |
| NOTES: | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |