



Petal & Paper

YOUR FREE PRINTABLE

Daily steps tracker



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E V E R Y S T E P C O U N T S

steps tracker

Daily target

Target: ____ steps per day

Week 1: Mon ____ Tue ____ Wed ____ Thu ____

Fri ____ Sat ____ Sun ____

Week 2: Mon ____ Tue ____ Wed ____ Thu ____

Fri ____ Sat ____ Sun ____

Week 3: Mon ____ Tue ____ Wed ____ Thu ____

Fri ____ Sat ____ Sun ____

Week 4: Mon ____ Tue ____ Wed ____ Thu ____

Fri ____ Sat ____ Sun ____

Weekly totals

Week 1 total: ____ Average: ____

Week 2 total: ____ Average: ____

Week 3 total: ____ Average: ____

Week 4 total: ____ Average: ____

Monthly summary

Monthly total: ____ Daily average: ____

Target hit ____ / ____ days

Best day: ____ Worst day: ____

Distance covered (approx): ____ km / miles

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