



Petal & Paper

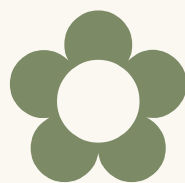
YOUR FREE PRINTABLE

Daily walking and steps tracker



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W A L K I N G T R A C K E R

daily steps

Week of · ____ **Daily step goal:** ____

Monday · Steps: ____ Distance: ____ How I felt: ____

Tuesday · Steps: ____ Distance: ____ How I felt: ____

Wednesday · Steps: ____ Distance: ____ How I felt: ____

Thursday · Steps: ____ Distance: ____ **Friday:** ____

Weekend · Sat: ____ Sun: ____ **Best day:** ____

Weekly total · ____ steps **Avg/day:** ____ **vs goal:** ____

W A L K I N G I S T H E M O S T U N D E R R A T E D
E X E R C I S E T H E R E I S — E V E R Y S T E P
C O U N T S

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