

Maine in Motion

Personal Fitness Calendar -- Track "Steps" or "Time"



Name: _____ Work, School, or Site Name: _____

Steps at Baseline: _____ Daily Step Goal: _____ or Daily Time Goal: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Steps/Time
							Week 1
							Week 2
							Week 3
							Week 4
							Week 5
							Week 6
							Week 7
							Week 8
							Week 9
							Week 10
							Week 11
							Week 12