

# 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