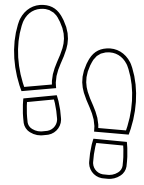
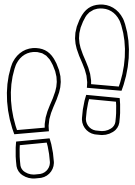


# 28 Day Step Challenge



Date started \_\_\_\_\_ Date completed \_\_\_\_\_

Day	Date	Step Goal	Steps Achieved	✓
1		7000 steps		
2		7000 steps		
3		7000 steps		
4		7000 steps		
5		7000 steps		
6		7000 steps		
7		7000 steps		
8		8000 steps		
9		8000 steps		
10		8000 steps		
11		8000 steps		
12		8000 steps		
13		8000 steps		
14		8000 steps		
15		9000 steps		
16		9000 steps		
17		9000 steps		
18		9000 steps		
19		9000 steps		
20		9000 steps		
21		9000 steps		
22		10000 steps		
23		10000 steps		
24		10000 steps		
25		10000 steps		
26		10000 steps		
27		10000 steps		
28		10000 steps		

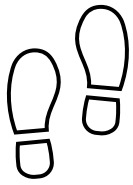


# 28 Day Step Challenge

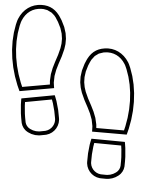


Date started \_\_\_\_\_ Date completed \_\_\_\_\_

Day	Date	Step Goal	Steps Achieved	✓
1		10000 steps		
2		10000 steps		
3		10000 steps		
4		10000 steps		
5		10000 steps		
6		10000 steps		
7		10000 steps		
8		10000 steps		
9		10000 steps		
10		10000 steps		
11		10000 steps		
12		10000 steps		
13		10000 steps		
14		10000 steps		
15		10000 steps		
16		10000 steps		
17		10000 steps		
18		10000 steps		
19		10000 steps		
20		10000 steps		
21		10000 steps		
22		10000 steps		
23		10000 steps		
24		10000 steps		
25		10000 steps		
26		10000 steps		
27		10000 steps		
28		10000 steps		



# 28 Day Step Challenge



Date started \_\_\_\_\_ Date completed \_\_\_\_\_

Day	Date	Step Goal	Steps Achieved	✓
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
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21				
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23				
24				
25				
26				
27				
28				