10,000 steps a day tracker

A month of days. Cross off every day you reach 10,000 steps.

MONTH

MY TARGET

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DAYS I HIT IT

WHAT GOT ME THERE ON GOOD DAYS

Not medical advice. Get your doctor's OK before you start.