## "Count Your Steps" 12-week Walk log-in

| Date |  | Number of steps walked |
| :---: | :---: | :---: |
| February | 1 |  |
|  | 2 |  |
|  | 3 |  |
|  | 4 |  |
|  | 5 |  |
|  | 6 |  |
|  | 7 |  |
|  | 8 |  |
|  | 9 |  |
|  | 10 |  |
|  | 11 |  |
|  | 12 |  |
|  | 13 |  |
|  | 14 |  |
|  | 15 |  |
|  | 16 |  |
|  | 17 |  |
|  | 18 |  |
|  | 19 |  |
|  | 20 |  |
| 3 wks | 21 |  |
| Participant's pledge: <br> I pledge that I walked a minimum of 10,000 steps every day for a period of 3 consecutive weeks, starting on February 1, 2006 |  |  |
| Signed: |  |  |
| Submitted to ADMIN initials/date: |  |  |


| Date | Number of steps walked |  |
| :--- | :--- | :--- |
| February | 22 |  |
|  | 23 |  |
|  | 24 |  |
|  | 25 |  |
|  | 26 |  |
|  | 27 |  |
|  | 28 |  |
| March | 1 |  |
|  | 2 |  |
|  | 3 |  |
|  | 4 |  |
|  | 5 |  |
|  | 6 |  |
|  | 7 |  |
|  | 8 |  |
|  | 9 |  |
|  | 10 |  |
|  | 11 |  |
|  | 12 |  |
| Gift rec'd and ADMIN initials/date: |  |  |
|  | 13 |  |
| warticipant's pledge: |  |  |
| I pledge that I walked a minimum of 10,000 |  |  |
| steps every day for a period of 3 consecutive |  |  |
| weeks, starting on February 1,2006 |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |


| Date |  | Number of steps walked | Date |  | Number of steps walked |
| :---: | :---: | :---: | :---: | :---: | :---: |
| March | 15 |  | April | 5 |  |
|  | 16 |  |  | 6 |  |
|  | 17 |  |  | 7 |  |
|  | 18 |  |  | 8 |  |
|  | 19 |  |  | 9 |  |
|  | 20 |  |  | 10 |  |
|  | 21 |  |  | 11 |  |
|  | 22 |  |  | 12 |  |
|  | 23 |  |  | 13 |  |
|  | 24 |  |  | 14 |  |
|  | 25 |  |  | 15 |  |
|  | 26 |  |  | 16 |  |
|  | 27 |  |  | 17 |  |
|  | 28 |  |  | 18 |  |
|  | 29 |  |  | 19 |  |
|  | 30 |  |  | 20 |  |
|  | 31 |  |  | 21 |  |
| April | 1 |  |  | 22 |  |
|  | 2 |  |  | 23 |  |
|  | 3 |  |  | 24 |  |
| 9 wks | 4 |  | 12 wks | 25 |  |
| Participant's pledge: <br> I pledge that I walked a minimum of 10,000 steps every day for a period of 3 consecutive weeks, starting on February 1, 2006 |  |  | Particip <br> I pledge steps e weeks, | s ple <br> at I <br> day ring | ge: <br> Iked a minimum of 10,000 for a period of 3 consecutive on February 1, 2006 |
| Signed: |  |  | Signed: |  |  |
| Submitted to ADMIN initials/date: |  |  | Gift rec'd and ADMIN initials/date: |  |  |

