

"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: 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	
	13	
6 wks	14	
Participant'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		
Signed:		
Gift rec'd and ADMIN initials/date:		

Date		Number of steps walked
March	15	
	16	
	17	
	18	
	19	
	20	
	21	
	22	
	23	
	24	
	25	
	26	
	27	
	28	
	29	
	30	
	31	
April	1	
	2	
	3	
9 wks	4	
Participant'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		
Signed:		
Submitted to ADMIN initials/date:		

Date		Number of steps walked
April	5	
	6	
	7	
	8	
	9	
	10	
	11	
	12	
	13	
	14	
	15	
	16	
	17	
	18	
	19	
	20	
	21	
	22	
	23	
	24	
12 wks	25	
Participant'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		
Signed:		
Gift rec'd and ADMIN initials/date:		