**NAME:** ________________________________

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th><strong>Daily Step Average</strong></th>
</tr>
</thead>
</table>
| **Week 1** Baseline  
(9/26-10/2) | Step Goal:  
____________ | Actual:  
____________ | Step Goal:  
____________ | Actual:  
____________ |
| **Week 2**  
(10/3-10/9) | Step Goal:  
____________ | Actual:  
____________ | Step Goal:  
____________ | Actual:  
____________ |
| **Week 3**  
(10/10-10/16) | Step Goal:  
____________ | Actual:  
____________ | Step Goal:  
____________ | Actual:  
____________ |
| **Week 4**  
(10/17-10/23) | Step Goal:  
____________ | Actual:  
____________ | Step Goal:  
____________ | Actual:  
____________ |
| **Week 5**  
(10/24-10/30) | Step Goal:  
____________ | Actual:  
____________ | Step Goal:  
____________ | Actual:  
____________ |

**DIRECTIONS:** Use this step log to track your daily # steps during the week and enter online using the link that will be emailed to you each week.

**QUESTIONS:** Email heidi-bohall@uiowa.edu or haley-hines@uiowa.edu