## September 2018 WOW Challenge

## "Add More Movement to Your Day"

## Log Sheet

## Record your steps each day beginning September 2<sup>nd</sup> \*2,000 Steps = 1 Aerobic Mile

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total	*Miles
Example of Steps Walked	5,000	6,000	9,000	10,000	3,000	7,000	2,000	42,000	21
Week 1 Sep 2-8									
Week 2 Sep 9-15									
Week 3 Sep 23-29									
Week 4 Sep 30									
Monthly Total									