




Step Tracker Record

Name:

Step Goal:

STEPruary Challenges		
	Total Number of Steps	Average Steps Per Day
Bronze	174,000-232,000	6,000-8,000
Silver	261,000-319,000	9,000-11,000
Gold	348,000-406,000	12,000-14,000
Platinum	435,000-580,000	15,000-20,000
Set your own		



Date	Number of Steps	Running Total Number of Steps	Approx. Target Total Number of Steps
01-Feb-20			
02-Feb-20			
03-Feb-20			
04-Feb-20			
05-Feb-20			
06-Feb-20			
07-Feb-20			
08-Feb-20			
09-Feb-20			
10-Feb-20			
11-Feb-20			
12-Feb-20			
13-Feb-20			
14-Feb-20			
15-Feb-20			
16-Feb-20			
17-Feb-20			
18-Feb-20			
19-Feb-20			
20-Feb-20			
21-Feb-20			
22-Feb-20			
23-Feb-20			
24-Feb-20			
25-Feb-20			
26-Feb-20			
27-Feb-20			
28-Feb-20			
29-Feb-20			
Total			