

Movement of the Month Club



For details go to bit.ly/MOTMCSteps

Use this calendar to record your total steps each day this month. Aim for at least 7,500 to 10,000 steps every day, depending on your current fitness level, and log 30 minutes of walking at least 5 days a week.

Day 1 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 2 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 3 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 4 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 5 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 6 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 7 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest
Day 8 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 9 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 10 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 11 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 12 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 13 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 14 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest
Day 15 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 16 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 17 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 18 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 19 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 20 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 21 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest
Day 22 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 23 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 24 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 25 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 26 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 27 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 28 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest
Day 29 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 30 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Day 31 _____ Steps <input type="checkbox"/> 30 Minutes <input type="checkbox"/> Rest	Total Steps Walked This Month: _____			