

Up My Steps

Week number	M	T	W	T	F	S	S	Total
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

Up My Steps: Week one, log your steps that you would usually do each day.

Each week add extra steps than you did the week before

Before you know it you will be increasing your exercise!

If you have a day when you don't walk, or do less than you intended, don't worry, just carry on the plan the next day you can!