

**Community Walking Program Fall 2007
Step Report Sheet**

Day of week	Week 1	Week 2	Week 3	Week 4	Week 5
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week Total					

Day of week	Week 6	Week 7	Week 8	Week 9	Week 10	Totals
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Week Total						

Competitive Division Participants: Please report week step totals either on website (<http://www.walkingishealthy.info>) or send to (Its@plymouth.edu)