

December Fitness Challenge Log Sheet



Sheets due to Community Ed
January 10th.

| Week | M | T | W | Th | F | S | S |
|--|---|---|---|----|---|---|---|
| 1 Goal: 7,000 steps 3 days this week | | | | | | | |
| 2 Goal: 8,000 Steps 3 days this week | | | | | | | |
| 3 Goal: 9,000 Steps 3 days this week | | | | | | | |
| 4 Goal: 10,000 steps 3 days this week | | | | | | | |

Name: _____

Department: _____

