

To see the progress you are making, enter daily steps on this record sheet. Please email results to your pedometer liaison every Friday of the challenge. If you are unable to access email, your liaison can visit your office on Friday to record your step record. If you have questions, please email wellness@ku.edu.

ONE STEP AT A TIME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Oct. 6-12							
Week 2 Oct. 13-19							
Week 3 Oct. 20-26							
Week 4 Oct. 27-Nov. 2							
Week 5 Nov. 3-9							
Week 6 Nov. 10-16							
Week 7 Nov. 17-23							
Week 8 Nov. 24-30							
Week 9 Dec. 1-7							
Week 10 Dec. 8-14							