



STEP TRACKER

MONTH:

MONTHLY STEP TARGET:

DAILY STEP TARGET:

	M	T	W	Th	F	S	Su	WEEKLY TOTAL
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								

MONTHLY TOTAL:

W: LGFITNESSTRAINING.CO.UK
E: LGFITNESSTRAINING@GMAIL.COM
F: FACEBOOK.COM/LGFITNESSWAKEFIELD