



# Weekly Tracker

Log the minutes or steps you walk each day in the chart below. Remember, aim for a minimum goal of 150 minutes or 49,000 steps each week to be eligible for our weekly and/or grand prize drawings! Submit your tracker every Monday.

Name \_\_\_\_\_

CDPHP Member ID or Birth Date (if CDPHP member) \_\_\_\_\_

### Week 1

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes or Steps Walked								

### Week 2

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes or Steps Walked								

### Week 3

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes or Steps Walked								

### Week 4

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes or Steps Walked								

### Week 5

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes or Steps Walked								

### Week 6

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes or Steps Walked								

### Week 7

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes or Steps Walked								

### Week 8

DAY	S	M	T	W	TH	F	SA	TOTAL
Minutes or Steps Walked								

