



# Step Tracker

Keeping track of the number of minutes you are active or the number of steps you take each day!!



Name: \_\_\_\_\_

DAY								
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
1								
2								
3								
4								
5								
6								
7								
8								



You can find us on:

Facebook: [Get Out, Get Active with PCNs](#)

Twitter: [@GOGAwithPCNs](#)

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Use [#GOGAwithPCNs](#) while posting or talking about the challenge online.

We would love to see how you

*Get Out and Get Active!*

For more information, please visit our website:

[www.GetOutGetActivePCN.com](http://www.GetOutGetActivePCN.com)