

Employee Wellness

Steps Tracker

Total Daily Steps	Total Daily Steps
Day 1 <input type="text"/>	Day 17 <input type="text"/>
Day 2 <input type="text"/>	Day 18 <input type="text"/>
Day 3 <input type="text"/>	Day 19 <input type="text"/>
Day 4 <input type="text"/>	Day 20 <input type="text"/>
Day 5 <input type="text"/>	Day 21 <input type="text"/>
Day 6 <input type="text"/>	Day 22 <input type="text"/>
Day 7 <input type="text"/>	Day 23 <input type="text"/>
Day 8 <input type="text"/>	Day 24 <input type="text"/>
Day 9 <input type="text"/>	Day 25 <input type="text"/>
Day 10 <input type="text"/>	Day 26 <input type="text"/>
Day 11 <input type="text"/>	Day 27 <input type="text"/>
Day 12 <input type="text"/>	Day 28 <input type="text"/>
Day 13 <input type="text"/>	Day 29 <input type="text"/>
Day 14 <input type="text"/>	Day 30 <input type="text"/>
Day 15 <input type="text"/>	Day 31 <input type="text"/>
Day 16 <input type="text"/>	

How many steps can you get each day? Can you reach the recommended 10,000 steps per day?

Track your daily steps using this tracking sheet.

Let us celebrate your achievement by clicking here!

You will also be entered into a drawing for a chance to win a prize! The link will ask you for your total monthly steps.

