

Step it Up!

Name: _____ Dept: _____



mind · body · spirit

SUN	MON	TUES	WED	THUR	FRI	SAT	TOTAL/AVERAGE
							Week Total
Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Week Average
							Week Total
Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Week Average
							Week Total
Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Week Average
							Week Total
Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Week Average
							Week Total
Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Steps/Miles	Week Average

For details visit <http://www.weber.edu/employeewellness/June2017.html>

Month Average:

This tracking sheet is due by **July 7, 2017**. Email: wellness@weber.edu Fax: 801-626-6685 MC: 3501