

Movement / Steps Tracker

Steps, minutes and type of movement for a month, without a wearable.

MONTH

DAILY STEP GOAL

WEEKLY ACTIVE MINUTES GOAL

DAY	STEPS	ACTIVE MINUTES	WHAT I DID	GOAL MET
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				

If you have no step counter, track minutes instead. Consistency of movement matters far more than the precision of the number.