

# Steps / step credits tracker

Use the table below to track your steps and step credits every day and help you think about the reasons for any differences.

Note: Step targets - Bronze 21,000-41,999, Silver 42,000-69,999 and Gold 70,000+



Week dd/mm/yy		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Weekly total	Step target
/ /	Pedometer count									
	Step credits									
	<b>Total</b>									
	Non-pedometer activity									
/ /	Pedometer count									
	Step credits									
	<b>Total</b>									
	Non-pedometer activity									
/ /	Pedometer count									
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	<b>Total</b>									
	Non-pedometer activity									

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