

YOUR STEP CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	weekly steps
1	2	3	4	5	6	7	=
8	9	10	11	12	13	14	=
15	16	17	18	19	20	21	=
22	23	24	25	26	27	28	=
29	30	31					=

Step away from your screen, set your goals and get counting!

**grand step
total**

A LITTLE CHANGE MAKES A BIG DIFFERENCE