



City of San Pablo Step Tracker

Track your steps and earn prizes along the way!



CITY of SAN PABLO
City of New Directions

Step Goal	Week 1	# of Steps	What was enjoyable about your walk?/ Additional Notes	Goal Met?
7,000	Mon. <u>3/14</u>	6253	I went for a walk around the community center during my breaks with co-workers.	No
	Sun. <u> / </u>			
	Mon. <u> / </u>			
	Tues. <u> / </u>			
	Wed. <u> / </u>			
	Thurs. <u> / </u>			
	Fri. <u> / </u>			
	Sat. <u> / </u>			

Step Goal	Week 2	# of Steps	What was enjoyable about your walk?/ Additional Notes	Goal Met?
	Sun. <u> / </u>			
	Mon. <u> / </u>			
	Tues. <u> / </u>			
	Wed. <u> / </u>			
	Thurs. <u> / </u>			
	Fri. <u> / </u>			
	Sat. <u> / </u>			

Step Goal	Week 3	# of Steps	What was enjoyable about your walk?/ Additional Notes	Goal Met?
	Sun. ___/___			
	Mon. ___/___			
	Tues. ___/___			
	Wed. ___/___			
	Thurs. ___/___			
	Fri. ___/___			
	Sat. ___/___			

Step Goal	Week 4	# of Steps	What was enjoyable about your walk?/ Additional Notes	Goal Met?
	Sun. ___/___			
	Mon. ___/___			
	Tues. ___/___			
	Wed. ___/___			
	Thurs. ___/___			
	Fri. ___/___			
	Sat. ___/___			

Name: _____

Phone Number: _____

Email: _____