Monthly step tracker

Goal: add 1,000–2,000 steps until you reach 7,000–9,000 a day

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								

MY GOAL FOR THE MONTH

For adults 60+, benefits level off at about 6,000–8,000 steps; for younger adults, at about 8,000–10,000.