

ACTIVITY RECORD

Name: _____

Day/Date							
Steps							
Distance							
♥ Rate/Cals							

Day/Date							
Steps							
Distance							
♥ Rate/Cals							

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Steps							
Distance							
♥ Rate/Cals							

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Steps							
Distance							
♥ Rate/Cals							

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WALK 10,000 STEPS A DAY FOR BETTER HEALTH!

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