

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Average
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								
Week 12								

## PEDOMETER LOG SHEET



family medicine and  
specialty care services  
located in Hilliard



*step into your life*