**Step Up for Health!**

**Personal Log**

***The Log is only a tool to help you keep track of your steps. You will submit your steps in the provided link on the LifeBeats webpage each new week.***

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|   |   |   | **Week 1 - Get Moving!** |   |   |   |
|   |  |  |  |  |  |  |  |   |
|   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |   |
| # of STEPS: |   |   |   |   |   |   |   |   |
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|   |  |  | **Weekly Total:** |  |  |  |   |
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|   |   |   | **Week 2 - Keep it Up!** |   |   |   |
|   |  |  |  |  |  |  |  |   |
|   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |   |
| # of STEPS: |   |   |   |   |   |   |   |   |
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|   |  |  | **Weekly Total:** |  |  |  |   |
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|   |   |   | **Week 3- Pick Up the Pace!** |   |   |   |
|   |  |  |  |  |  |  |  |   |
|   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |   |
| # of STEPS: |   |   |   |   |   |   |   |   |
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|   |  |  | **Weekly Total:** |  |  |  |   |
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|   |   |   | **Week 4- Almost Done!** |   |   |   |
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|   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |   |
| # of STEPS: |   |   |   |   |   |   |   |   |
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|   |  |  | **Weekly Total:** |  |  |  |   |
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