

# EIU STEPS IT UP

## Individual Distance Record Log

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
Total Steps Walked										

- 2,000 steps = approximately 1 mile

**My personal goal is...**