

# Maine in Motion Personal Activity Log



## Track "Steps" or "Time"

Name: \_\_\_\_\_ Work, School, or Site Name: \_\_\_\_\_

Steps at Baseline: \_\_\_\_\_ Daily Step Goal: \_\_\_\_\_ or Daily Time Goal: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Steps/Time
							Week 1
							Week 2
							Week 3
							Week 4
							Week 5
							Week 6
							Week 7
							Week 8
							Week 9
							Week 10
							Week 11
							Week 12

# *Be Active ... Stay Active ... Stay in Touch*

Maine Governor's Council on Physical Fitness,  
Sports, Health, and Wellness  
11 Parkwood Drive  
Augusta, Maine 04330

207-622-7566, ext. 230

[gcpfs@mcd.org](mailto:gcpfs@mcd.org)

[www.mainephysicalactivity.org](http://www.mainephysicalactivity.org)



2006 - 52 week program -- check our web site for start date

