CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Daily Step Goal Tracker

Tracking steps encourage regular movement and supports overall health. Use this checklist to hit your daily step goal.



12 steps | Print-ready A4

NAME	START	TARGET DATE

1 Set a Realistic Goal

Choose a step goal based on your fitness level to ensure it's achievable.

EXAMPLE *Start with 5,000 steps if you're new to walking or aim for 10,000 if you're moderately active.*

2 Use a Pedometer or Fitness Tracker

Track steps with a smartwatch, phone app, or pedometer for accurate monitoring.

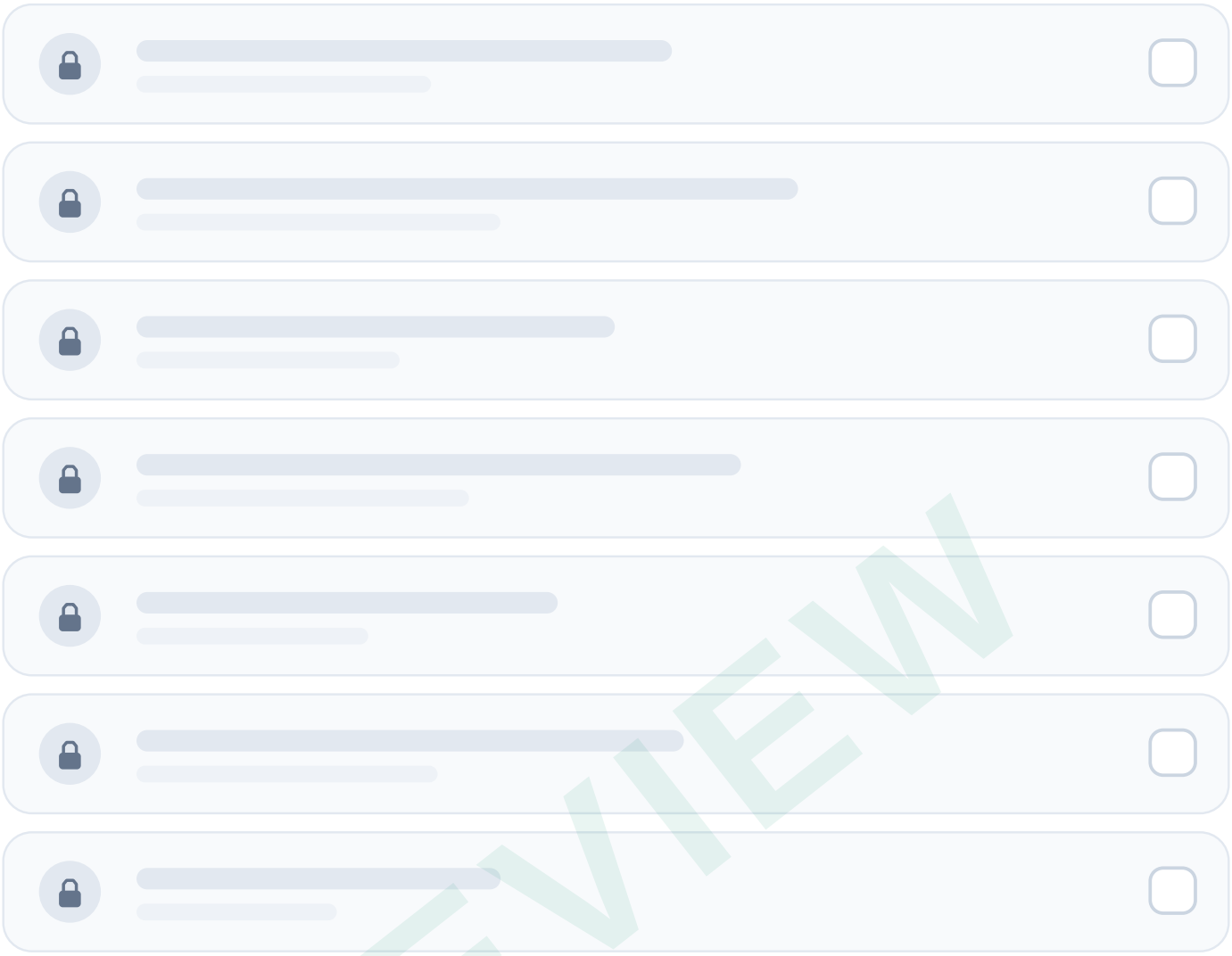
TIP *Sync your tracker with a health app to view detailed step data and trends.*

3 Incorporate Walking Breaks

Take short walks every hour during the workday to maintain movement.

TIP *Walk to refill your water, check the mail, or step outside for fresh air.*

PREVIEW



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