



MARCH THROUGH MARCH

400k steps in March challenge

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Record how many steps you do each day in March in the calendar above.

Use our weekly total boxes below to tally up your steps per week
(week 1 = 1st - 4th March, week 2 = 5th - 11th March).

WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5

TOTAL

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