

Manual Step tracker (weekly)



Name:

Step goal this week:

Day of Week	Date	# of Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Total steps:

48,000 steps across August and September is only about 787 steps a day - something we can all achieve!

On average, a Neonatal staff member does 9,000–13,000 steps a day.