



# Step Journal for

## Walk to Health Challenges

Name: \_\_\_\_\_

**Start Date:**

\_\_\_\_\_

**End Date:**

\_\_\_\_\_

**Challenge Goal:**

\_\_\_\_\_

**Your daily step goal:**

\_\_\_\_\_ **steps a day**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Ready! Set! GO!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Weekly Total: _____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Weekly Total: _____
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Weekly Total: _____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Weekly Total: _____

Track your steps for the duration of the challenge. Every step counts, so keep moving and you will make it to your goal!

**Total Challenge Step Count:** \_\_\_\_\_

Turn in your step journal to  
 Southwest Nebraska Public Health Department at  
 404 West 10th Street in McCook, 409 Broadway in  
 Imperial, 418 N Spruce Street- Suite A in Ogallala  
 Fax: 308.345.4289 or email: info@swhealth.ne.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Weekly Total: _____
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**What do you want from your walk today?**

- **Better mood**
- **Boost your immune system**
- **Burn calories**
- **Reduce chronic disease**
- **More brainpower**
- **Reduce joint pain**
- **Better circulation**
- **Stimulate digestion**
- **More creativity**
- **Better sleep**
- **Reduce stress**
- **Better health and quality of life**