

# 12-WEEK STEPS COUNT LOG

Starting Point: In a typical day, I take \_\_\_\_\_ steps.

Week #	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Daily Avg
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

*\*To determine your daily average, add the number of steps taken each day and divide the total by the number of days*

## Congratulations on completing a season of Walking Works!

Please return your completed Steps Count log to:  
Cleveland Metroparks Administration Offices  
4101 Fulton Parkway, Cleveland, OH 44144

*We will send you a new 12-week Steps Count log and enter you in a drawing for your chance to win this season's special prize.*



Please include the following information to receive your  
12-Week Steps Count Log!

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\*Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

\*Optional