

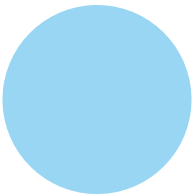
# Sock-o-Meter

Keep track of all your steps here:

**My Goal** \_\_\_\_\_ steps

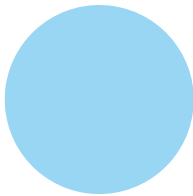
## Daily Steps

Day 1



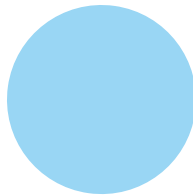
steps

Day 2



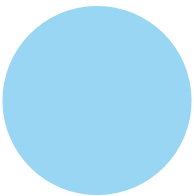
steps

Day 3



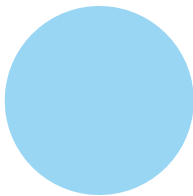
steps

Day 4



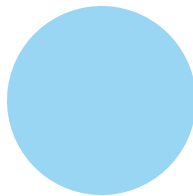
steps

Day 5



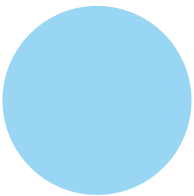
steps

Day 6



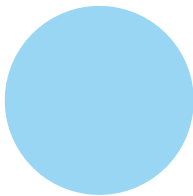
steps

Day 7



steps

Extra



steps



## Running total

Grand total

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Day 7

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Day 6

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Day 5

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Day 4

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Day 3

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Day 2

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Day 1

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**Your steps can transform lives**

# Walk Your Socks Off