

# walk your SOCKS OFF!



## Sock-O-Meter

Keep track of your steps as you Walk Your Socks Off and get closer to your step goal!

My step goal is \_\_\_\_\_

### Running total

- Grand total \_\_\_\_\_
- Day 7 \_\_\_\_\_
- Day 6 \_\_\_\_\_
- Day 5 \_\_\_\_\_
- Day 4 \_\_\_\_\_
- Day 3 \_\_\_\_\_
- Day 2 \_\_\_\_\_
- Day 1 \_\_\_\_\_



Extra days	_____ steps
Day 7	_____ steps
Day 6	_____ steps
Day 5	_____ steps
Day 4	_____ steps
Day 3	_____ steps
Day 2	_____ steps
Day 1	_____ steps

