

EAT Walking Program Weekly Tracking Sheet

Week	Steps per Day		Steps per Week	Miles*	Comments
	Actual	Recommended			
1		1,000/day			
2		1,200/day			
3		1,400/day			
4		1,600/day			
5		1,800/day			
6		2,000/day			
7		2,500/day			
8		3,000/day			
9		3,500/day			
10		4,000/day			
11		4,500/day			
12		5,000/day			
13		5,500/day			
14		6,000/day			

*1 mile = 2,000 steps