

WEEKLY STEPS CHECKLIST



MONDAY

.....

.....

.....

TUESDAY

.....

.....

.....

WEDNESDAY

.....

.....

.....

THURSDAY

.....

.....

.....

FRIDAY

.....

.....

.....

SATURDAY

.....

.....

.....

SUNDAY

.....

.....

.....

STARTING WEEKLY STEPS

.....

