

WEEK FIVE	
April 12th— April 18th	STEPS WALKED
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
<b>WEEKLY TOTAL</b>	

### How Do I Submit my Steps Each Week?

- On Monday morning of each week calculate your steps for the previous week: Monday - Sunday.
- Email your total # of steps to [univwellness@etsu.edu](mailto:univwellness@etsu.edu)
- Watch the Wellness Committee website for an update as to our new location each week: [www.etsu.edu/wellness](http://www.etsu.edu/wellness).
- Watch for your weekly newsletter for tips and guidance to help us achieve our goal of Walking Around the World in five weeks.



## Step Log ETSU Walks Around the World



Use this book  
to track your  
steps everyday.  
**Good Luck!!!**

Brought to you by:  
The University Wellness  
Committee

WEEK ONE	
March 15th—March 21st	STEPS WALKED
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
<b>WEEKLY TOTAL</b>	

WEEK TWO	
March 22nd—March 28th	STEPS WALKED
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
<b>WEEKLY TOTAL</b>	

WEEK THREE	
March 29th—April 4th	STEPS WALKED
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
<b>WEEKLY TOTAL</b>	

WEEK FOUR	
April 5th—April 11th	STEPS WALKED
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
<b>WEEKLY TOTAL</b>	