



## Footsteps for Faith Participant Log

Church \_\_\_\_\_ Name \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_

**Instructions:** Set a starting goal, and then set a new goal for each week. To keep track of your progress, write in the date and the number of miles you walked on each day. At the end of the week, tally up your miles and see if you have reached your goal. For pedometer users, 2000 steps will be one mile. Submit your total to your team captain.

Date	Miles	Date	Miles	Date	Miles	Date	Miles
<b>Week 1 Goal</b>		<b>Week 2 Goal</b>		<b>Week 3 Goal</b>		<b>Week 4 Goal</b>	
<b>Week 1 Total</b>		<b>Week 2 Total</b>		<b>Week 3 Total</b>		<b>Week 4 Total</b>	
<b>Week 5 Goal</b>		<b>Week 6 Goal</b>		<b>Week 7 Goal</b>		<b>Week 8 Goal</b>	
<b>Week 5 Total</b>		<b>Week 6 Total</b>		<b>Week 7 Total</b>		<b>Week 8 Total</b>	