07	02	06
CC	SC	PC

ID#_____

example DATE (M/D/Y) 03/18/03 TIME ON 7:15 am TIME OFF 9:30 pm TOTAL STEPS: 6564 SPORT Y / (N) EXERCISE (Y) / N TYPE AND TIME: Walking 15 min Weight training 15 min	DATE (M/D/Y) _____ TIME ON ___:_____ TIME OFF___:_____ TOTAL STEPS: SPORT Y / N EXERCISE Y / N TYPE AND TIME:	DATE (M/D/Y) _____ TIME ON ___:_____ TIME OFF___:_____ TOTAL STEPS: SPORT Y / N EXERCISE Y / N TYPE AND TIME:	DATE (M/D/Y) _____ TIME ON ___:_____ TIME OFF___:_____ TOTAL STEPS: SPORT Y / N EXERCISE Y / N TYPE AND TIME:
DATE (M/D/Y) _____ TIME ON ___:_____ TIME OFF___:_____ TOTAL STEPS: SPORT Y / N EXERCISE Y / N TYPE AND TIME:	DATE (M/D/Y) _____ TIME ON ___:_____ TIME OFF___:_____ TOTAL STEPS: SPORT Y / N EXERCISE Y / N TYPE AND TIME:	DATE (M/D/Y) _____ TIME ON ___:_____ TIME OFF___:_____ TOTAL STEPS: SPORT Y / N EXERCISE Y / N TYPE AND TIME:	DATE (M/D/Y) _____ TIME ON ___:_____ TIME OFF___:_____ TOTAL STEPS: SPORT Y / N EXERCISE Y / N TYPE AND TIME: