Pedometer Step Chart

Use this chart to keep track of patient and caregiver steps.

Patient Name: _____

	Daily Steps							
Week	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Total**

Henry Ford Health System

C.A.R.E. Program

Caregiver Assistance Resources and Education Program

Pedometer Step Chart

Use this chart to keep track of patient and caregiver steps.

Patient Name: _____

	Daily Steps							
Week	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**	**Total**

Henry Ford Health System

C.A.R.E. Program

Caregiver Assistance Resources and Education Program