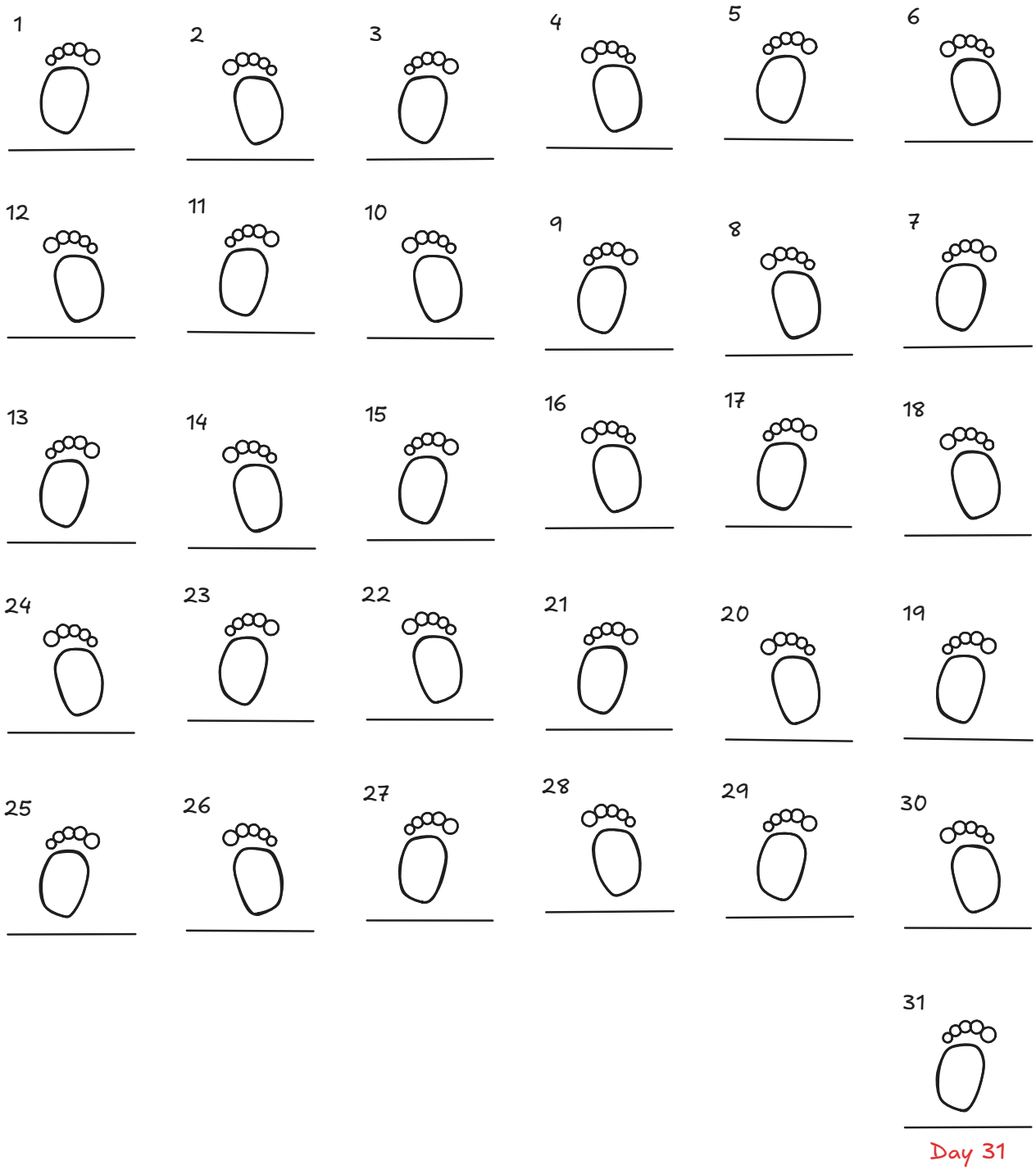
Step trail

One footprint a day. Colour it in when you reach your step goal, and write the steps under it.

My daily goal, steps _____



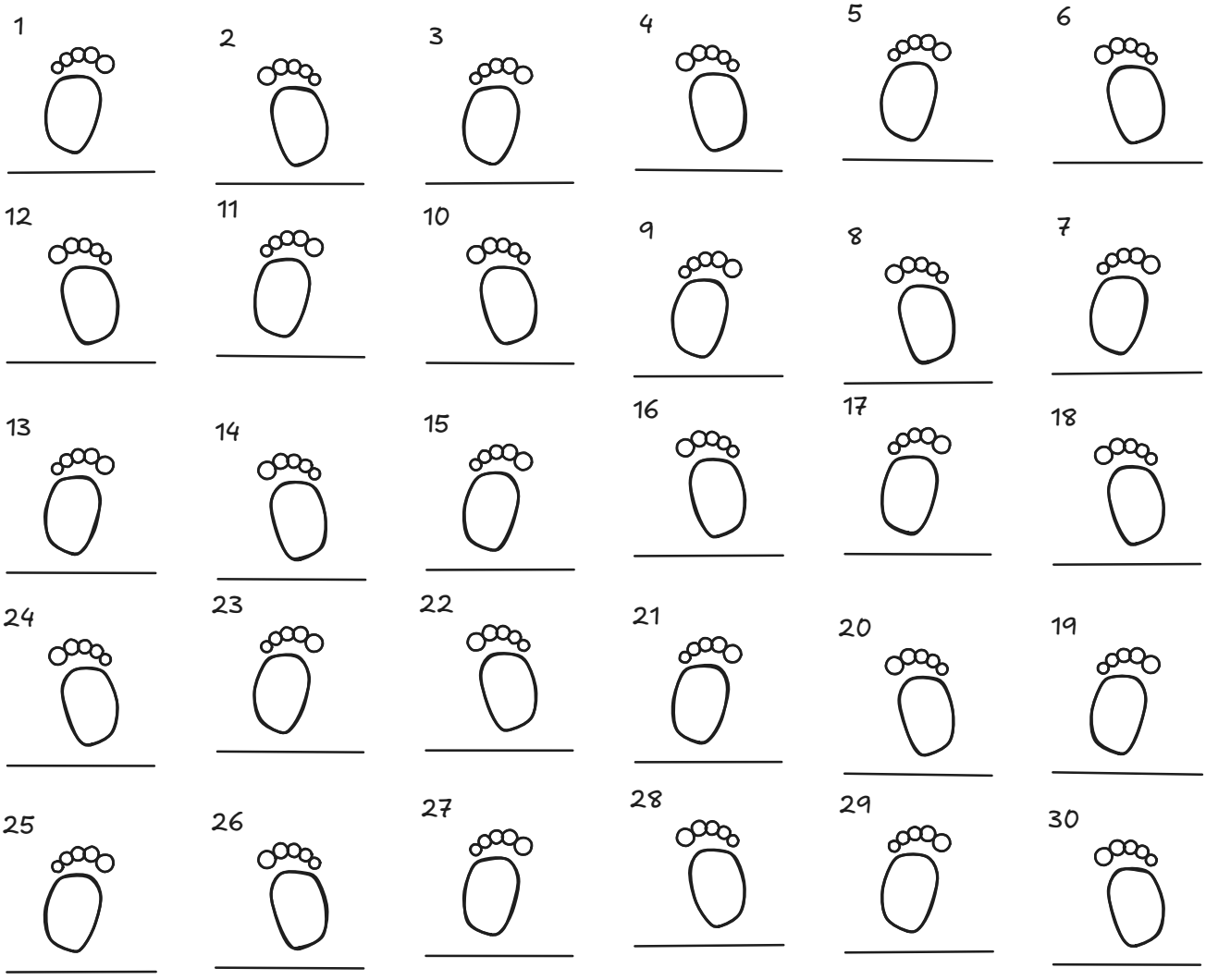
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Plan your week in the Corenk app
https://corenk.app/get?src=pdf-steps

Step trail

One footprint a day. Colour it in when you reach your step goal, and write the steps under it.

My daily goal, steps _____



Day 31

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How to use it ✳

1. Print the page on A4 or Letter. The trail has 31 footprints, one for each day of a month.
2. Write your daily step goal at the top.
3. At the end of each day, write your steps on the line under that day's footprint.
4. Colour the footprint when you reached the goal. At the end of the month, follow the colour along the trail.

Print tips

- A4 and Letter pages are both in this file; print the one your printer takes.
- Prints fine in black and white. 100% scale, no fit-to-page.
- Works in GoodNotes and Notability too: import the PDF and write on it.

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