



## Electronic Step Logs

These sites offer electronic or online step tracking tools.

[www.healthdistrict.org/HDOTM/programmanual.htm](http://www.healthdistrict.org/HDOTM/programmanual.htm)

Free Excel spreadsheet to download. It can be found under the Recruitment and Registration section, titled Step Log (Excel spreadsheet)

[www.americaonthemove.org](http://www.americaonthemove.org)

Free online logging.

[www.justwalk.com](http://www.justwalk.com)

See website for pricing.

[www.fitnessjournal.org](http://www.fitnessjournal.org)

See website for pricing.

