Walking Log

Use this log to record the number of steps you take and time spent walking over the next six weeks.

WEEK 1	Date	Steps/Miles	Time
	TOTAL		

WEEK 2	Date	Steps/Miles	Time
	TOTAL		

WEEK 3	Date	Steps/Miles	Time
	TOTAL		

WEEK 4	Date	Steps/Miles	Time
	TOTAL		

WEEK 5	Date	Steps/Miles	Time
	TOTAL		

WEEK 6	Date	Steps/Miles	Time
	TOTAL		