

Walk for Health

My Monthly Walking Log



Month: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL Week 1
DATE								
NUMBER OF STEPS								
NUMBER OF MINUTES								
NUMBER OF MILES								

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL Week 2
DATE								
NUMBER OF STEPS								
NUMBER OF MINUTES								
NUMBER OF MILES								

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL Week 3
DATE								
NUMBER OF STEPS								
NUMBER OF MINUTES								
NUMBER OF MILES								

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TOTAL Week 4
DATE								
NUMBER OF STEPS								
NUMBER OF MINUTES								
NUMBER OF MILES								

My Monthly Total	
NUMBER OF STEPS	
NUMBER OF MINUTES	
NUMBER OF MILES	

