



Walk for health

My monthly walking log

Score your weekly progress

Month: _____

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	TOTAL Week 1
Date								
Number of steps								
Number of minutes								
Number of miles								

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	TOTAL Week 2
Date								
Number of steps								
Number of minutes								
Number of miles								

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	TOTAL Week 3
Date								
Number of steps								
Number of minutes								
Number of miles								

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	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	