



WALKING LOG

Week of : _____ Goal: _____

Thought for the week: _____

| Day | Minutes Walked | Miles | Steps | Time of day | Speed | Notes |
|-----------|----------------|-------|-------|-------------|-------|-------|
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |
| Sunday | | | | | | |