

Walking Wednesday

Name _____

Month _____



Wk	Date	Steps	Miles	Time Spent Walking	Goal	Notes
1	/					
	/					
	/					
	/					
	/					
	/					
	/					
	Total	0	0	0:00:00		
2	/					
	/					
	/					
	/					
	/					
	/					
	/					
	Total	0	0	0:00:00		
3	/					
	/					
	/					
	/					
	/					
	/					
	/					
	Total	0	0	0:00:00		
4	/					
	/					
	/					
	/					
	/					
	/					
	/					
	Total	0	0	0:00:00		
5	/					
	/					
	/					
	/					
	/					
	/					
	/					
	Total	0	0	0:00:00		
MONTHLY TOTAL		0	0	0:00:00		