

# Weekly Walking Log

Weekly Walking Log  
Week \_\_\_\_ of Walking Program

Day - Date	Distance (km/mi)	Time	Pace / Speed	Steps	Notes
Monday __ / __ / __					
Tuesday __ / __ / __					
Wednesday __ / __ / __					
Thursday __ / __ / __					
Friday __ / __ / __					
Saturday __ / __ / __					
Sunday __ / __ / __					
Weekly Totals					
Step goal increase:					
Progress made this week:					
Ideas for improvement/change:					