## Weekly Walking Log

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

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