

Walking Log

To help you track your walking progress, we have included an example of a walking log. You can use this log to track your number of steps per day, your distance per day and/or your minutes per day.

Week of ___ / ___ / ___	Number of Steps/Day	Distance/Day	Minutes/Day
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Weekly Total			

Week of ___ / ___ / ___	Number of Steps/Day	Distance/Day	Minutes/Day
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Weekly Total			

Week of ___ / ___ / ___	Number of Steps/Day	Distance/Day	Minutes/Day
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Weekly Total			

Week of ___ / ___ / ___	Number of Steps/Day	Distance/Day	Minutes/Day
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Weekly Total			