

Taking Steps to Better Health  
Weekly Walking Log



Week of \_\_\_\_\_

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SUNDAY                      Steps:  
                                         Notes:

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MONDAY                     Steps:  
                                         Notes:

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TUESDAY                   Steps:  
                                         Notes:

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WEDNESDAY               Steps:  
                                         Notes:

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THURSDAY                 Steps:  
                                         Notes:

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FRIDAY                     Steps:  
                                         Notes:

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SATURDAY                 Steps:  
                                         Notes:

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WEEKLY TOTAL            Steps:

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Goals:

Progress Made:

Ideas for Next Week: