

HOW FAR CAN YOU GO?

WEEKLY WALKING LOG

NAME: _____

WALKING PROGRESS FOR THE WEEK OF: _____

DAY	STEPS	MILES	KM	SPEED
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
WEEK TOTAL				
GOALS:				
PROGRESS:				
IDEAS:				

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