Track your steps using the

WEEKLY WALKING LOG

WEEK 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total:
Steps:								

WEEK 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total:
Steps:								

WEEK 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total:
Steps:								

WEEK 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total:
Steps:								