

Weekly Walking Log

Week of:

Sunday mi/km: steps: time: speed: notes:	Monday mi/km: steps: time: speed: notes:
Tuesday mi/km: steps: time: speed: notes:	Wednesday mi/km: steps: time: speed: notes:
Thursday mi/km: steps: time: speed: notes:	Friday mi/km: steps: time: speed: notes:
Saturday mi/km: steps: time: speed: notes:	Week Total mi/km: steps: time: speed: notes:

Goals:

Progress Made:

Ideas for Next Week:

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