Monthly Walking Log

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:_____	Date:_____	Date:_____	Date:_____	Date:_____	Date:_____	Date:_____
Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:
Date:_____	Date:_____	Date:_____	Date:_____	Date:_____	Date:_____	Date:_____
Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:
Date:_____	Date:_____	Date:_____	Date:_____	Date:_____	Date:_____	Date:_____
Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:
Date:_____	Date:_____	Date:_____	Date:_____	Date:_____	Date:_____	Date:_____
Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:
Date:_____	Date:_____	Date:_____	Date:_____	Date:_____	Date:_____	Date:_____
Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time:	Steps: Time: