



## Weekly Walking Log

Week of:

DAY	Miles*	STEPS*	TIME	SPEED/ INTENSITY**	NOTES:
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week Total					
Goals:					
Progress:					
Ideas:					

\* 1 MILE = APPROXIMATELY 2000 STEPS

\*\* If walking on a treadmill, record speed to track progress. If waking outdoors or on a track measure intensity high, moderate, and low.