

weekly walking log week of:

SUNDAY

mi/km: steps:
time: speed:
notes:

THURSDAY

mi/km steps:
time: speed:
notes:

MONDAY

mi/km: steps:
time: speed:
notes:

FRIDAY

mi/km: steps:
time: speed:
notes:

TUESDAY

mi/km: steps:
time: speed:
notes:

SATURDAY

mi/km: steps:
time: speed:
notes:

WEDNESDAY

mi/km: steps:
time: speed:
notes:

WEEK TOTAL

mi/km: steps:
time: speed:
notes:

GOALS:

PROGRESS MADE:

IDEAS FOR NEXT WEEK:

walking journal

Date:

ROUTE NOTES: _____

Time:

Distance walked:

Steps:

WORKOUT NOTES: _____

Speed:

COMPANIONS and CONVERSATIONS: _____

OBSERVATIONS: _____

ACHIEVEMENTS: _____

NEW PLANS: _____

IDEAS: _____