

WALKING DIARY



Date:	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
	No. of steps/ miles walked	No. of steps/ miles walked	No. of steps/ miles walked	No. of steps/ miles walked	No. of steps/ miles walked	No. of steps/ miles walked	No. of steps/ miles walked	No. of steps/ miles walked
MON								
TUE								
WED								
THURS								
FRI								
SAT								
SUN								
	Weekly Goal:	Weekly Goal:	Weekly Goal:	Weekly Goal:	Weekly Goal:	Weekly Goal:	Weekly Goal:	Weekly Goal:
TOTAL STEPS/ MILES WALKED:								

