



June 1, 2023 - August 1, 2023



Weekly Walking Log

HOW LONG DID YOU WALK?/ NUMBER OF STEPS PER DAY								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Weekly Total
June 1- 4								
June 5 -11								
June 12 -18								
June 19 -25								
June 26 -July 2								
July 3 - 9								
July 10 - 16								
July 17 - 23								
July 24 - 30								
July 31 - Aug 1								
					Total amount of time: _____ Total number of steps: _____			

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