

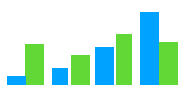
Month/year:

Goal for the month:

		M	T	W	Th	F	Sat	Sun	Week Totals
WEEK 1	Did I walk?								
	Distance								
	Steps								
WEEK 2	Did I walk?								
	Distance								
	Steps								
WEEK 3	Did I walk?								
	Distance								
	Steps								
WEEK 4	Did I walk?								
	Distance								
	Steps								
MONTH TOTALS				# WALKS	DISTANCE			# STEPS	
				_____	_____			_____	

Goal Achieved?

Notes:



Month/year:

Goal for the month:

		M	T	W	Th	F	Sat	Sun	Week Total
WEEK 1	Did I walk?								
	Distance								
	Steps								
WEEK 2	Did I walk?								
	Distance								
	Steps								
WEEK 3	Did I walk?								
	Distance								
	Steps								
WEEK 4	Did I walk?								
	Distance								
	Steps								
MONTH TOTALS				# WALKS	DISTANCE			# STEPS	
				_____	_____			_____	

Goal Achieved?

Notes:

