## Weekly Walking Log

Week of:

| Day | mi/km: | steps: | time: | speed: | notes: |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Sunday |  |  |  |  |  |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |
| Wrogress: |  |  |  |  |  |
| Ideas: |  |  |  |  |  |

