

# Critique/MBA Walking Journal

Please enter your name, the month that you are reporting for and then fill out the form for each day that you recorded your steps.

First Name  Last Name  MI

Month

1st  2nd  3rd  4th  5th

6th  7th  8th  9th  10th

11th  12th  13th  14th  15th

16th  17th  18th  19th  20th

21st  22nd  23rd  24th  25th

26th  27th  28th  29th  30th

31st  Total