

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