

DAY	DATE	<u>WALKING LOG</u> COMMENTS/ACTIVITIES	NO. OF STEPS/KMS.	WEEK NO. ____
SUN				
MON				
TUES				
WED				
THURS				
FRI				
SAT				
			TOTAL WEEK ____	
SUN				WEEK ____
MON				
TUES				
WED				
THURS				
FRI				
SAT				
			TOTAL WEEK ____	
SUN				WEEK ____
MON				
TUES				
WED				
THURS				
FRI				
SAT				
			TOTAL WEEK ____	

NAME _____ BRANCH _____ PROVINCE _____

