

# WEEKLY WALKING PLANNER

WEEKLY WALKING  
GOAL:

THIS WEEK'S PRIORITIES:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Notes:

DON'T FORGET TO LOG  
YOUR STEPS HERE!



TIME/DISTANCE:

Monday: \_\_\_\_\_  
\_\_\_\_\_

Tuesday: \_\_\_\_\_  
\_\_\_\_\_

Wednesday: \_\_\_\_\_  
\_\_\_\_\_

Thursday: \_\_\_\_\_  
\_\_\_\_\_

Friday: \_\_\_\_\_  
\_\_\_\_\_

Saturday: \_\_\_\_\_  
\_\_\_\_\_

Sunday: \_\_\_\_\_  
\_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_

MONTH \_\_\_\_\_

# walking goals

MON

TUES

WED

THURS

FRI

SAT

SUN

<i>Example</i> Steps: <u>2,068</u> Time: <u>30 min</u> Miles: <u>2</u>	Steps: _____ Time: _____ Miles: _____	Steps: _____ Time: _____ Miles: _____	Steps: _____ Time: _____ Miles: _____	Steps: _____ Time: _____ Miles: _____	Steps: _____ Time: _____ Miles: _____	Steps: _____ Time: _____ Miles: _____
Steps: _____ Time: _____ Miles: _____	Steps: _____ Time: _____ Miles: _____	Steps: _____ Time: _____ Miles: _____	Steps: _____ Time: _____ Miles: _____	Steps: _____ Time: _____ Miles: _____	Steps: _____ Time: _____ Miles: _____	Steps: _____ Time: _____ Miles: _____
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