WEEKLY WALKING GOAL:

THIS WEEK’S PRIORITIES:
1. 
2. 
3. 

NOTES:

TIME/DISTANCE:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

NOTES:

DON’T FORGET TO LOG YOUR STEPS HERE!

TAKE IT DAY BY DAY
**walking goals**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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**Example**
- **Steps:** 2,068
- **Time:** 30 min
- **Miles:** 2

**Steps:**
- **Time:**
- **Miles:**

**YOU GOT THIS**

extension