

Week 1				Week 2			
Distance	Time	Heart	Distance	Time	Heart	Distance	Time
Date	Walked	or Steps*	Rate	Date	Walked	or Steps*	Rate
Sunday				Sunday			
Monday				Monday			
Tuesday				Tuesday			
Wednesday				Wednesday			
Thursday				Thursday			
Friday				Friday			
Saturday				Saturday			
Weekly Totals				Weekly Totals			

*If you are using a pedometer to track your daily activity, enter your steps instead of the distance walked

Week 3				Week 4			
Distance	Time	Distance	Heart	Distance	Time	Distance	Heart
Date	Walked	or Steps*	Rate	Date	Walked	or Steps*	Rate
Sunday				Sunday			
Monday				Monday			
Tuesday				Tuesday			
Wednesday				Wednesday			
Thursday				Thursday			
Friday				Friday			
Saturday				Saturday			
Weekly Totals				Weekly Totals			

*If you are using a pedometer to track your daily activity, enter your steps instead of the distance walked

Week 5				Week 6			
Date	Time Walked	Distance or Steps*	Heart Rate	Date	Time Walked	Distance or Steps*	Heart Rate
Sunday				Sunday			
Monday				Monday			
Tuesday				Tuesday			
Wednesday				Wednesday			
Thursday				Thursday			
Friday				Friday			
Saturday				Saturday			
Weekly Totals				Weekly Totals			

*If you are using a pedometer to track your daily activity, enter your steps instead of the distance walked

Week 7				Week 8			
Distance	Time	Distance	Heart	Distance	Time	Distance	Heart
Date	Walked	or Steps*	Rate	Date	Walked	or Steps*	Rate
Sunday				Sunday			
Monday				Monday			
Tuesday				Tuesday			
Wednesday				Wednesday			
Thursday				Thursday			
Friday				Friday			
Saturday				Saturday			
Weekly Totals				Weekly Totals			

*If you are using a pedometer to track your daily activity, enter your steps instead of the distance walked

Week 9				Week 10			
Distance	Time	Distance	Heart	Distance	Time	Distance	Heart
Date	Walked	or Steps*	Rate	Date	Walked	or Steps*	Rate
Sunday				Sunday			
Monday				Monday			
Tuesday				Tuesday			
Wednesday				Wednesday			
Thursday				Thursday			
Friday				Friday			
Saturday				Saturday			
Weekly Totals				Weekly Totals			

*If you are using a pedometer to track your daily activity, enter your steps instead of the distance walked

Week 11				Week 12			
Distance	Time	Distance	Heart	Distance	Time	Distance	Heart
Date	Walked	or Steps*	Rate	Date	Walked	or Steps*	Rate
Sunday				Sunday			
Monday				Monday			
Tuesday				Tuesday			
Wednesday				Wednesday			
Thursday				Thursday			
Friday				Friday			
Saturday				Saturday			
Weekly Totals				Weekly Totals			

*If you are using a pedometer to track your daily activity, enter your steps instead of the distance walked

