STEP BY STEP - RECORD SHEET

Use this tracking sheet to note your daily progress throughout the program. Include measures of your approximate daily walk distance and duration, as well as weekly distance and duration goals, totals, and averages. Writing down goals and averages can help you stay on track, even if you skip a day of walking.

EXAMPLE:

Weekly Goal	Week Total	Week Average	Day
2 HOURS + 5 KM / DAY	10 HOURS 26.5 KM	~1.5 HOURS ~3.8 KM	1.5 HOURS 4 KM

	Weekly Goal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week Total	Week Average
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										