

## STEP BY STEP - Weekly Planner

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 totals. Use the note space to write down goals and whether you are achieving them or not. Tracking your progress and goals can make them easier to achieve, even if you miss a day of walking. You can also use the note sections to record how you felt on your walk, your favourite routes and locations, what time of day you walked anything else you want to track.

Monday	Tuesday	Wednesday	Thursday
Duration: _____ Distance: _____ Notes:	Duration: _____ Distance: _____ Notes:	Duration: _____ Distance: _____ Notes:	Duration: _____ Distance: _____ Notes:
Friday	Saturday	Sunday	Week in Review
Duration: _____ Distance: _____ Notes:	Duration: _____ Distance: _____ Notes:	Duration: _____ Distance: _____ Notes:	Total Duration: _____ Total Distance: _____ Thoughts on the Week: