



WORKING FOR A
HEALTHIER TN



Walking Tracking Sheet

Name: _____

Month: _____

Weekly Goal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Total
SAMPLE	<i>8,028 steps (3.69 miles)</i>	<i>5,874 steps (2.59 miles)</i>	<i>4,459 steps (2.06 miles)</i>	<i>8,721 steps (3.89 miles)</i>	<i>3,751 steps (1.78 miles)</i>	<i>30,833 (14.01)</i>
Week 1 _____ _____						
Week 2 _____ _____						
Week 3 _____ _____						
Week 4 _____ _____						
Week 5 _____ _____						