

Free Printable Walking Log PDF

Month: _____

| Week: | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Week Total |
|----------|--------|---------|-----------|----------|--------|----------|--------|------------|
| Steps | | | | | | | | |
| Miles | | | | | | | | |
| Progress | | | | | | | | |

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| Progress | | | | | | | | |