READY, SET, STEP

Walking Works
A Program of Wellmark Blue Cross and Blue Shield

Walking Log

Use this log to record your daily walking totals over the next six weeks.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
WEEK OF								WEEKLY TOTAL
WEEK OF								WEEKLY TOTAL
WEEK OF								WEEKLY TOTAL
WEEK OF								WEEKLY TOTAL
WEEK OF								WEEKLY TOTAL
WEEK OF								WEEKLY TOTAL