

Walking Tracking Sheet

Name: _____

Every step counts! Wear comfortable clothing and proper footwear when you walk.

Weeks		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week 1	TIME IN minutes								
Week 2	TIME IN minutes								
Week 3	TIME IN minutes								
Week 4	TIME IN minutes								
Week 5	TIME IN minutes								
Week 6	TIME IN minutes								



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