



My Monthly Goals

DISTANCE: _____ TIME: _____
 STEPS: _____ WEIGHT LOSS: _____

WALK IN SHAPE'S WALKING LOG

Use this log to record your distance, time, pedometer steps, and/or weight loss on a daily basis.



MONTH 1	DISTANCE	STEPS	TIME	WEIGHT
April 1				
April 2				
April 3				
April 4				
April 5				
April 6				
April 7				
April 8				
April 9				
April 10				
April 11				
April 12				
April 13				
April 14				
April 15				
April 16				
April 17				
April 18				
April 19				
April 20				
April 21				
April 22				
April 23				
April 24				
April 25				
April 26				
April 27				
April 28				
April 29				
April 30				
	Total Distance:	Total Steps:	Total Time:	Total Weight:

My Monthly Goals

DISTANCE: _____ TIME: _____
 STEPS: _____ WEIGHT LOSS: _____



WALK IN SHAPE'S WALKING LOG



MONTH 2	DISTANCE	STEPS	TIME	WEIGHT
May 1				
May 2				
May 3				
May 4				
May 5				
May 6				
May 7				
May 8				
May 9				
May 10				
May 11				
May 12				
May 13				
May 14				
May 15				
May 16				
May 17				
May 18				
May 19				
May 20				
May 21				
May 22				
May 23				
May 24				
May 25				
May 26				
May 27				
May 28				
May 29				
May 30				
May 31				
	Total Distance:	Total Steps:	Total Time:	Total Weight:

My Monthly Goals

DISTANCE: _____ TIME: _____
 STEPS: _____ WEIGHT LOSS: _____



WALK IN SHAPE'S WALKING LOG



MONTH 3	DISTANCE	STEPS	TIME	WEIGHT
June 1				
June 2				
June 3				
June 4				
June 5				
June 6				
June 7				
June 8				
June 9				
June 10				
June 11				
June 12				
June 13				
June 14				
June 15				
June 16				
June 17				
June 18				
June 19				
June 20				
June 21				
June 22				
June 23				
June 24				
June 25				
June 26				
June 27				
June 28				
June 29				
June 30				
	Total Distance:	Total Steps:	Total Time:	Total Weight:



WALK IN SHAPE'S WALKING LOG

TOTALS	DISTANCE	STEPS	TIME	WEIGHT
Month 1				
Month 2				
Month 3				
TOTALS				

PERSONAL INFORMATION

First Name: _____
 Last Name: _____
 Email Address: _____
 Age: _____
 Phone Number: _____
 Address: _____
 City: _____
 Postal Code: _____



AN INITIATIVE OF THESE BC HEALTHY LIVING ALLIANCE MEMBERS



IN PARTNERSHIP WITH

