



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
January 1				
January 2				
January 3				
January 4				
January 5				
January 6				
January 7				
January 8				
January 9				
January 10				
January 11				
January 12				
January 13				
January 14				
January 15				
January 16				
January 17				
January 18				
January 19				
January 20				
January 21				
January 22				
January 23				
January 24				
January 25				
January 26				
January 27				
January 28				
January 29				
January 30				
January 31				
	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
February 1				
February 2				
February 3				
February 4				
February 5				
February 6				
February 7				
February 8				
February 9				
February 10				
February 11				
February 12				
February 13				
February 14				
February 15				
February 16				
February 17				
February 18				
February 19				
February 20				
February 21				
February 22				
February 23				
February 24				
February 25				
February 26				
February 27				
February 28				
	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
March 1				
March 2				
March 3				
March 4				
March 5				
March 6				
March 7				
March 8				
March 9				
March 10				
March 11				
March 12				
March 13				
March 14				
March 15				
March 16				
March 17				
March 18				
March 19				
March 20				
March 21				
March 22				
March 23				
March 24				
March 25				
March 26				
March 27				
March 28				
March 29				
March 30				
March 31				
	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: _____

