

Walking Log

Month:Goal:

	Date	Podcast #	Distance Walked (mi)	# of Walkers	Total Distance
Monday			X	=	
Tuesday			X	=	
Wednesday			X	=	
Thursday			X	=	
Friday			X	=	
Monday			X	=	
Tuesday			X	=	
Wednesday			X	=	
Thursday			X	=	
Friday			X	=	
Monday			X	=	
Tuesday			X	=	
Wednesday			X	=	
Thursday			X	=	
Friday			X	=	
Monday			X	=	
Tuesday			X	=	
Wednesday			X	=	
Thursday			X	=	
Friday			X	=	

Totals per month – DO NOT ERASE BELOW THIS LINE.

August: _____

September: _____

October: _____

November: _____

December: _____

January: _____

February: _____

March: _____

April: _____

May: _____

June: _____

July: _____

Grand Total =