

Walking Logs

www.unmc.edu/services/bus-fin/fitness/forms/walking/logsheet.pdf

Week of __/__/__	Total Number of Steps for the day	Total Distance for the day	Total Minutes for the day
Mon.			
Tue.			
Wed.			
Thur.			
Fri.			
Sat.			
Sun.			
Week Totals			
Average Week Totals <small>(Week totals divided by 7)</small>			

Week of __/__/__	Total Number of Steps for the day	Total Distance for the day	Total Minutes for the day
Mon.			
Tue.			
Wed.			
Thur.			
Fri.			
Sat.			
Sun.			
Week Totals			
Average Week Totals <small>(Week totals divided by 7)</small>			

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