

daily walking log

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DATE	STEPS	ESTIMATED CALORIES
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		

DATE	STEPS	ESTIMATED CALORIES
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		