



# My Weekly Walking Journal

Week of _____	Time of Day	Number of steps	Distance	Walking Pace	Misc Notes
Mon					
Tue					
Wed					
Thurs					
Fri					
Sat					
Sun					

Ideas for next week \_\_\_\_\_  
 \_\_\_\_\_

Alternate routes \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

New discoveries \_\_\_\_\_  
 \_\_\_\_\_

Positive Progress \_\_\_\_\_  
 \_\_\_\_\_

I feel great because \_\_\_\_\_

Visit our [Fitness Walking Programs](#) page for more ideas at [50 Plus Fitness Walking](#)