

Motivation 6-Week Walking Log



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Totals
Week 1 Goal								
Week 1 - Actual steps								
Week 2 Goal								
Week 2 - Actual steps								
Week 3 Goal								
Week 3 - Actual steps								
Week 4 Goal								
Week 4 - Actual steps								
Week 5 Goal								
Week 5 - Actual steps								
Week 6 Goal								
Week 6 - Actual steps								

Steps	500	1000	2000	3000	4000	5000	7500	10,000
Miles	0.21	0.43	0.85	1.28	1.70	2.13	3.20	4.26
Kilometres	0.34	0.69	1.37	2.06	2.74	3.43	5.14	6.86