

# Monthly 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 =