

Weekly Walk Log

WEEK NO. (check one)

1 2 3 4 5 6 7 8

NAME _____

ADDRESS _____ CITY / STATE / ZIP _____

Average daily steps from last week _____

Daily goal average for this week _____

DAY:	MON	TUES	WED	THUR	FRI	SAT	SUN
STEPS TODAY:							

Add steps for all 7 days _____



Divide by 7 = Average daily steps _____

Multiply by 1.2 (your daily goal until you reach 10,000) _____



Call and we'll send you 7 more! 541-682-5094 or email lindsay.r.selser@ci.eugene.or.us.

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here

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