Week No. _____

Weekly Journal

Goals	Results
Walking:	Walking:
Nutrition:	Nutrition:

Sunday ___ /___ Time of day: _____ Minutes ____ Miles ____

Walking notes: _____

Nutrition notes: _____

Monday ___ /___ Time of day: _____ Minutes ____ Miles ____

Walking notes: _____

Nutrition notes: _____

Tuesday ___ /___ Time of day: _____ Minutes ____ Miles ____

Walking notes: _____

Nutrition notes: _____

Wednesday ___ /___ Time of day: _____ Minutes ____ Miles ____

Walking notes: _____

Nutrition notes: _____

Thursday ___ /___ Time of day: _____ Minutes ____ Miles ____

Walking notes: _____

Nutrition notes: _____

Friday ___ /___ Time of day: _____ Minutes ____ Miles ____

Walking notes: _____

Nutrition notes: _____

Saturday ___ /___ Time of day: _____ Minutes ____ Miles ____

Walking notes: _____

Nutrition notes: _____