



Weekly Walking Log for 5-A-Day Challenge

Week - 1 2 3 4 5 6 7 8 (Please circle to indicate which week of the challenge this log is for)

Name _____

Team _____

Day	# of Steps	# of Steps	Total for the Day
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Remember to count steps – use conversion chart if needed. The two columns are provided in case you walk more than once a day. Please total your steps for each day.			