



## My Monthly Goals

DISTANCE: \_\_\_\_\_ TIME: \_\_\_\_\_  
 STEPS: \_\_\_\_\_ WEIGHT LOSS: \_\_\_\_\_

### WALK IN SHAPE'S WALKING LOG

Use this log to record your distance, time, pedometer steps, and/or weight loss on a daily basis.



MONTH 1	DISTANCE	STEPS	TIME	WEIGHT
October 1				
October 2				
October 3				
October 4				
October 5				
October 6				
October 7				
October 8				
October 9				
October 10				
October 11				
October 12				
October 13				
October 14				
October 15				
October 16				
October 17				
October 18				
October 19				
October 20				
October 21				
October 22				
October 23				
October 24				
October 25				
October 26				
October 27				
October 28				
October 29				
October 30				
October 31				
	Total Distance:	Total Steps:	Total Time:	Total Weight:



## My Monthly Goals

DISTANCE: \_\_\_\_\_ TIME: \_\_\_\_\_  
 STEPS: \_\_\_\_\_ WEIGHT LOSS: \_\_\_\_\_

### WALK IN SHAPE'S WALKING LOG



MONTH 2	DISTANCE	STEPS	TIME	WEIGHT
November 1				
November 2				
November 3				
November 4				
November 5				
November 6				
November 7				
November 8				
November 9				
November 10				
November 11				
November 12				
November 13				
November 14				
November 15				
November 16				
November 17				
November 18				
November 19				
November 20				
November 21				
November 22				
November 23				
November 24				
November 25				
November 26				
November 27				
November 28				
November 29				
November 30				
	Total Distance:	Total Steps:	Total Time:	Total Weight:

## My Monthly Goals

DISTANCE: \_\_\_\_\_ TIME: \_\_\_\_\_  
 STEPS: \_\_\_\_\_ WEIGHT LOSS: \_\_\_\_\_



## WALK IN SHAPE'S WALKING LOG

MONTH 3	DISTANCE	STEPS	TIME	WEIGHT
December 1				
December 2				
December 3				
December 4				
December 5				
December 6				
December 7				
December 8				
December 9				
December 10				
December 11				
December 12				
December 13				
December 14				
December 15				
December 16				
December 17				
December 18				
December 19				
December 20				
December 21				
December 22				
December 23				
December 24				
December 25				
December 26				
December 27				
December 28				
December 29				
December 30				
December 31				
	Total Distance:	Total Steps:	Total Time:	Total Weight:



## WALK IN SHAPE'S WALKING LOG

TOTALS	DISTANCE	STEPS	TIME	WEIGHT
Month 1				
Month 2				
Month 3				
TOTALS				

## PERSONAL INFORMATION

First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_



AN INITIATIVE OF THESE BC HEALTHY LIVING ALLIANCE MEMBERS



IN PARTNERSHIP WITH

