

# 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 |
|---------------------|-----|------|-----|------|-----|-----|-----|
| <b>STEPS TODAY:</b> |     |      |     |      |     |     |     |

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](mailto:lindsay.r.selser@ci.eugene.or.us).

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Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

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