

My Walking Calendar

Chart your walking progress through the month. Try to walk five days a week for optimal weight loss and health results. Come back after a month and print another calendar to continue logging your walks. Walk yourself healthy!



Month/Year						
DAY 1 DURATION: PACE: DISTANCE:	DAY 2 DURATION: PACE: DISTANCE:	DAY 3 DURATION: PACE: DISTANCE:	DAY 4 DURATION: PACE: DISTANCE:	DAY 5 DURATION: PACE: DISTANCE:	DAY 6 DURATION: PACE: DISTANCE:	DAY 7 DURATION: PACE: DISTANCE:
DAY 8 DURATION: PACE: DISTANCE:	DAY 9 DURATION: PACE: DISTANCE:	DAY 10 DURATION: PACE: DISTANCE:	DAY 11 DURATION: PACE: DISTANCE:	DAY 12 DURATION: PACE: DISTANCE:	DAY 13 DURATION: PACE: DISTANCE:	DAY 14 DURATION: PACE: DISTANCE:
DAY 15 DURATION: PACE: DISTANCE:	DAY 16 DURATION: PACE: DISTANCE:	DAY 17 DURATION: PACE: DISTANCE:	DAY 18 DURATION: PACE: DISTANCE:	DAY 19 DURATION: PACE: DISTANCE:	DAY 20 DURATION: PACE: DISTANCE:	DAY 21 DURATION: PACE: DISTANCE:
DAY 22 DURATION: PACE: DISTANCE:	DAY 23 DURATION: PACE: DISTANCE:	DAY 24 DURATION: PACE: DISTANCE:	DAY 25 DURATION: PACE: DISTANCE:	DAY 26 DURATION: PACE: DISTANCE:	DAY 27 DURATION: PACE: DISTANCE:	DAY 28 DURATION: PACE: DISTANCE:
DAY 29 DURATION: PACE: DISTANCE:	DAY 30 DURATION: PACE: DISTANCE:	DAY 31 DURATION: PACE: DISTANCE:				

OPRAH'S BOOT CAMP