



# Walking Tracker

Week of \_\_\_\_\_

	<b>Steps/Miles</b>	<b>Time</b>	<b>Intensity</b> (low/mod/high)
<b>Sun</b>			
<b>Mon</b>			
<b>Tues</b>			
<b>Wed</b>			
<b>Thur</b>			
<b>Fri</b>			
<b>Sat</b>			

**Motivation**

**Reward**