



Keep Moving Walking Club ~ _____ ~ Weekly Journal

Day	Time of Day	Steps Walked	Miles Walked	Minutes Walked	Notes
MONDAY Date _____					
TUESDAY Date _____					
WEDNESDAY Date _____					
THURSDAY Date _____					
FRIDAY Date _____					
SATURDAY Date _____					
SUNDAY Date _____					
My total is:					

Find out more about Keep Moving Walking Clubs here: www.mcoaonline.com or Email: MaryKay@mcoaonline.com .