



Track your Progress

Name : _____

My Fitness Goals

1st Month _____

2nd Month _____

3rd Month _____

Week	Total Time Walked	Distance
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Week	Total Time Walked	Distance
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Week	Total Time Walked	Distance
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
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Tues		
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