



MY GOAL

SIMPLY WALK

Walk 5 times each week this month.
Start right there.

NOTES:

SUGGESTED GOAL PAIRINGS: Track Progress - Eliminate Soda - Eat Healthy

PROGRESS: For every day you walk, color in the box.

WALKING GOALS					
WEEK 1	1	2	3	4	5
WEEK 2	1	2	3	4	5
WEEK 3	1	2	3	4	5
WEEK 4	1	2	3	4	5