



DCR's Healthy Heart Trail Walking Log



Month:

| Day | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|----------------------------|--------|---------|-----------|----------|--------|----------|
| Week One | Mi//KM: Steps: Time: | | | | | | |
| Week Two | Mi//KM: Steps: Time: | | | | | | |
| Week Three | Mi//KM: Steps: Time: | | | | | | |
| Week Four | Mi//KM: Steps: Time: | | | | | | |
| Monthly Total | 0 | | | | | | |
| WALKING JOURNAL: | | | | | | | |