



## Walk With Spirit Printable Walking Log

You know you are an "On the Go" person, so this chart will help you keep track of your steps and miles everyday. If you know how many miles you walked in a day, fill it in the "miles" column. If you have a pedometer, record your steps in the "steps" column at the end of each day. A mile is about 2,000 steps, so simply multiply your total miles by 2,000 to get your steps. At the end of each month, log your miles and get steps closer to the Utah Canyonlands!



MONTH/DATE/YEAR	MILES	STEPS
/01/		
/02/		
/03/		
/04/		
/05/		
/06/		
/07/		
<b>WEEKLY TOTAL</b>		
/08/		
/09/		
/10/		
/11/		
/12/		
/13/		
/14/		
<b>WEEKLY TOTAL</b>		
/15/		
/16/		

MONTH/DATE/YEAR	MILES	STEPS
/17/		
/18/		
/19/		
/20/		
/21/		
<b>WEEKLY TOTAL</b>		
/22/		
/23/		
/24/		
/25/		
/26/		
/27/		
/28/		
<b>WEEKLY TOTAL</b>		
/29/		
/30/		
/31/		
<b>MONTHLY TOTAL</b>		

Log on to [www.walkwithspirit.org](http://www.walkwithspirit.org) and log in your steps or miles for the month!