

My 30 Day Walking Journal

Name _____

National Start! Walking Day

Day	Weekday	Date	Miles	Time Spent Walking	General comments, Notes
1	Wed	April 7, 2010			
2	Thurs	April 8, 2010			
3	Fri	April 9, 2010			
4	Sat	April 10, 2010			
5	Sun	April 11, 2010			
6	Mon	April 12, 2010			
7	Tues	April 13, 2010			
8	Wed	April 14, 2010			
9	Thurs	April 15, 2010			
10	Fri	April 16, 2010			
11	Sat	April 17, 2010			
12	Sun	April 18, 2010			
13	Mon	April 19, 2010			
14	Tues	April 20, 2010			
15	Wed	April 21, 2010			
16	Thurs	April 22, 2010			
17	Fri	April 23, 2010			
18	Sat	April 24, 2010			
19	Sun	April 25, 2010			
20	Mon	April 26, 2010			
21	Tues	April 27, 2010			
22	Wed	April 28, 2010			
23	Thurs	April 29, 2010			
24	Fri	April 30, 2010			
25	Sat	May 1, 2010			
26	Sun	May 2, 2010			
27	Mon	May 3, 2010			
28	Tues	May 4, 2010			
29	Wed	May 5, 2010			
30	Thurs	May 6, 2010			

Drop off your completed walking journal in Human Resources by Noon on Monday, May 10th.
Have fun!

St. Joseph's Hospital