

# January, 2012

*Sun*

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<p><b>1</b> mi/km: speed: time: steps: notes:</p>	<p><b>2</b> mi/km: speed: time: steps: notes:</p>	<p><b>3</b> mi/km: speed: time: steps: notes:</p>	<p><b>4</b> mi/km: speed: time: steps: notes:</p>	<p><b>5</b> mi/km: speed: time: steps: notes:</p>	<p><b>6</b> mi/km: speed: time: steps: notes:</p>	<p><b>7</b> mi/km: speed: time: steps: notes:</p>
<p><b>8</b> mi/km: speed: time: steps: notes:</p>	<p><b>9</b> mi/km: speed: time: steps: notes:</p>	<p><b>10</b> mi/km: speed: time: steps: notes:</p>	<p><b>11</b> mi/km: speed: time: steps: notes:</p>	<p><b>12</b> mi/km: speed: time: steps: notes:</p>	<p><b>13</b> mi/km: speed: time: steps: notes:</p>	<p><b>14</b> mi/km: speed: time: steps: notes:</p>
<p><b>15</b> mi/km: speed: time: steps: notes:</p>	<p><b>16</b> mi/km: speed: time: steps: notes:</p>	<p><b>17</b> mi/km: speed: time: steps: notes:</p>	<p><b>18</b> mi/km: speed: time: steps: notes:</p>	<p><b>19</b> mi/km: speed: time: steps: notes:</p>	<p><b>20</b> mi/km: speed: time: steps: notes:</p>	<p><b>21</b> mi/km: speed: time: steps: notes:</p>
<p><b>22</b> mi/km: speed: time: steps: notes:</p>	<p><b>23</b> mi/km: speed: time: steps: notes:</p>	<p><b>24</b> mi/km: speed: time: steps: notes:</p>	<p><b>25</b> mi/km: speed: time: steps: notes:</p>	<p><b>26</b> mi/km: speed: time: steps: notes:</p>	<p><b>27</b> mi/km: speed: time: steps: notes:</p>	<p><b>28</b> mi/km: speed: time: steps: notes:</p>
<p><b>29</b> mi/km: speed: time: steps: notes:</p>	<p><b>30</b> mi/km: speed: time: steps: notes:</p>	<p><b>31</b> mi/km: speed: time: steps: notes:</p>	<p><b>Goals and Achievements for Month:</b></p>			

**walking.about.com**

# February, 2012

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<b>Goals and Achievements for Month:</b>		1 mi/km: speed: time: steps: notes:	2 mi/km: speed: time: steps: notes:	3 mi/km: speed: time: steps: notes:	4 mi/km: speed: time: steps: notes:
5 mi/km: speed: time: steps: notes:	6 mi/km: speed: time: steps: notes:	7 mi/km: speed: time: steps: notes:	8 mi/km: speed: time: steps: notes:	9 mi/km: speed: time: steps: notes:	10 mi/km: speed: time: steps: notes:
11 mi/km: speed: time: steps: notes:	12 mi/km: speed: time: steps: notes:	13 mi/km: speed: time: steps: notes:	14 mi/km: speed: time: steps: notes:	15 mi/km: speed: time: steps: notes:	16 mi/km: speed: time: steps: notes:
17 mi/km: speed: time: steps: notes:	18 mi/km: speed: time: steps: notes:	19 mi/km: speed: time: steps: notes:	20 mi/km: speed: time: steps: notes:	21 mi/km: speed: time: steps: notes:	22 mi/km: speed: time: steps: notes:
23 mi/km: speed: time: steps: notes:	24 mi/km: speed: time: steps: notes:	25 mi/km: speed: time: steps: notes:	26 mi/km: speed: time: steps: notes:	27 mi/km: speed: time: steps: notes:	28 mi/km: speed: time: steps: notes:
29 mi/km: speed: time: steps: notes:					

# March, 2012

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<b>Goals and Achievements for Month:</b>				1 mi/km: speed: time: steps: notes:	2 mi/km: speed: time: steps: notes:	3 mi/km: speed: time: steps: notes:
4 mi/km: speed: time: steps: notes:	5 mi/km: speed: time: steps: notes:	6 mi/km: speed: time: steps: notes:	7 mi/km: speed: time: steps: notes:	8 mi/km: speed: time: steps: notes:	9 mi/km: speed: time: steps: notes:	10 mi/km: speed: time: steps: notes:
11 mi/km: speed: time: steps: notes:	12 mi/km: speed: time: steps: notes:	13 mi/km: speed: time: steps: notes:	14 mi/km: speed: time: steps: notes:	15 mi/km: speed: time: steps: notes:	16 mi/km: speed: time: steps: notes:	17 mi/km: speed: time: steps: notes:
18 mi/km: speed: time: steps: notes:	19 mi/km: speed: time: steps: notes:	20 mi/km: speed: time: steps: notes:	21 mi/km: speed: time: steps: notes:	22 mi/km: speed: time: steps: notes:	23 mi/km: speed: time: steps: notes:	24 mi/km: speed: time: steps: notes:
25 mi/km: speed: time: steps: notes:	26 mi/km: speed: time: steps: notes:	27 mi/km: speed: time: steps: notes:	28 mi/km: speed: time: steps: notes:	29 mi/km: speed: time: steps: notes:	30 mi/km: speed: time: steps: notes:	31 mi/km: speed: time: steps: notes:

# April, 2012

*Sun*

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<p><b>1</b> mi/km: speed: time: steps: notes:</p>	<p><b>2</b> mi/km: speed: time: steps: notes:</p>	<p><b>3</b> mi/km: speed: time: steps: notes:</p>	<p><b>4</b> mi/km: speed: time: steps: notes:</p>	<p><b>5</b> mi/km: speed: time: steps: notes:</p>	<p><b>6</b> mi/km: speed: time: steps: notes:</p>	<p><b>7</b> mi/km: speed: time: steps: notes:</p>
<p><b>8</b> mi/km: speed: time: steps: notes:</p>	<p><b>9</b> mi/km: speed: time: steps: notes:</p>	<p><b>10</b> mi/km: speed: time: steps: notes:</p>	<p><b>11</b> mi/km: speed: time: steps: notes:</p>	<p><b>12</b> mi/km: speed: time: steps: notes:</p>	<p><b>13</b> mi/km: speed: time: steps: notes:</p>	<p><b>14</b> mi/km: speed: time: steps: notes:</p>
<p><b>15</b> mi/km: speed: time: steps: notes:</p>	<p><b>16</b> mi/km: speed: time: steps: notes:</p>	<p><b>17</b> mi/km: speed: time: steps: notes:</p>	<p><b>18</b> mi/km: speed: time: steps: notes:</p>	<p><b>19</b> mi/km: speed: time: steps: notes:</p>	<p><b>20</b> mi/km: speed: time: steps: notes:</p>	<p><b>21</b> mi/km: speed: time: steps: notes:</p>
<p><b>22</b> mi/km: speed: time: steps: notes:</p>	<p><b>23</b> mi/km: speed: time: steps: notes:</p>	<p><b>24</b> mi/km: speed: time: steps: notes:</p>	<p><b>25</b> mi/km: speed: time: steps: notes:</p>	<p><b>26</b> mi/km: speed: time: steps: notes:</p>	<p><b>27</b> mi/km: speed: time: steps: notes:</p>	<p><b>28</b> mi/km: speed: time: steps: notes:</p>
<p><b>29</b> mi/km: speed: time: steps: notes:</p>	<p><b>30</b> mi/km: speed: time: steps: notes:</p>	<p><b>Goals and Achievements for Month:</b></p>				

# May, 2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 mi/km: speed: time: steps: notes:	2 mi/km: speed: time: steps: notes:	3 mi/km: speed: time: steps: notes:	4 mi/km: speed: time: steps: notes:	5 mi/km: speed: time: steps: notes:
6 mi/km: speed: time: steps: notes:	7 mi/km: speed: time: steps: notes:	8 mi/km: speed: time: steps: notes:	9 mi/km: speed: time: steps: notes:	10 mi/km: speed: time: steps: notes:	11 mi/km: speed: time: steps: notes:	12 mi/km: speed: time: steps: notes:
13 mi/km: speed: time: steps: notes:	14 mi/km: speed: time: steps: notes:	15 mi/km: speed: time: steps: notes:	16 mi/km: speed: time: steps: notes:	17 mi/km: speed: time: steps: notes:	18 mi/km: speed: time: steps: notes:	19 mi/km: speed: time: steps: notes:
20 mi/km: speed: time: steps: notes:	21 mi/km: speed: time: steps: notes:	22 mi/km: speed: time: steps: notes:	23 mi/km: speed: time: steps: notes:	24 mi/km: speed: time: steps: notes:	25 mi/km: speed: time: steps: notes:	26 mi/km: speed: time: steps: notes:
27 mi/km: speed: time: steps: notes:	28 mi/km: speed: time: steps: notes:	29 mi/km: speed: time: steps: notes:	30 mi/km: speed: time: steps: notes:	31 mi/km: speed: time: steps: notes:	<b>Goals and Achievements for Month:</b>	

# June, 2012

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<b>Goals and achievements for month:</b>					1 mi/km: speed: time: steps: notes:	2 mi/km: speed: time: steps: notes:
3 mi/km: speed: time: steps: notes:	4 mi/km: speed: time: steps: notes:	5 mi/km: speed: time: steps: notes:	6 mi/km: speed: time: steps: notes:	7 mi/km: speed: time: steps: notes:	8 mi/km: speed: time: steps: notes:	9 mi/km: speed: time: steps: notes:
10 mi/km: speed: time: steps: notes:	11 mi/km: speed: time: steps: notes:	12 mi/km: speed: time: steps: notes:	13 mi/km: speed: time: steps: notes:	14 mi/km: speed: time: steps: notes:	15 mi/km: speed: time: steps: notes:	16 mi/km: speed: time: steps: notes:
17 mi/km: speed: time: steps: notes:	18 mi/km: speed: time: steps: notes:	19 mi/km: speed: time: steps: notes:	20 mi/km: speed: time: steps: notes:	21 mi/km: speed: time: steps: notes:	22 mi/km: speed: time: steps: notes:	23 mi/km: speed: time: steps: notes:
24 mi/km: speed: time: steps: notes:	25 mi/km: speed: time: steps: notes:	26 mi/km: speed: time: steps: notes:	27 mi/km: speed: time: steps: notes:	28 mi/km: speed: time: steps: notes:	29 mi/km: speed: time: steps: notes:	30 mi/km: speed: time: steps: notes:

# July, 2012

*Sun*

*Mon*

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*Fri*

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<p><b>1</b> mi/km: speed: time: steps: notes:</p>	<p><b>2</b> mi/km: speed: time: steps: notes:</p>	<p><b>3</b> mi/km: speed: time: steps: notes:</p>	<p><b>4</b> mi/km: speed: time: steps: notes:</p>	<p><b>5</b> mi/km: speed: time: steps: notes:</p>	<p><b>6</b> mi/km: speed: time: steps: notes:</p>	<p><b>7</b> mi/km: speed: time: steps: notes:</p>
<p><b>8</b> mi/km: speed: time: steps: notes:</p>	<p><b>9</b> mi/km: speed: time: steps: notes:</p>	<p><b>10</b> mi/km: speed: time: steps: notes:</p>	<p><b>11</b> mi/km: speed: time: steps: notes:</p>	<p><b>12</b> mi/km: speed: time: steps: notes:</p>	<p><b>13</b> mi/km: speed: time: steps: notes:</p>	<p><b>14</b> mi/km: speed: time: steps: notes:</p>
<p><b>15</b> mi/km: speed: time: steps: notes:</p>	<p><b>16</b> mi/km: speed: time: steps: notes:</p>	<p><b>17</b> mi/km: speed: time: steps: notes:</p>	<p><b>18</b> mi/km: speed: time: steps: notes:</p>	<p><b>19</b> mi/km: speed: time: steps: notes:</p>	<p><b>20</b> mi/km: speed: time: steps: notes:</p>	<p><b>21</b> mi/km: speed: time: steps: notes:</p>
<p><b>22</b> mi/km: speed: time: steps: notes:</p>	<p><b>23</b> mi/km: speed: time: steps: notes:</p>	<p><b>24</b> mi/km: speed: time: steps: notes:</p>	<p><b>25</b> mi/km: speed: time: steps: notes:</p>	<p><b>26</b> mi/km: speed: time: steps: notes:</p>	<p><b>27</b> mi/km: speed: time: steps: notes:</p>	<p><b>28</b> mi/km: speed: time: steps: notes:</p>
<p><b>29</b> mi/km: speed: time: steps: notes:</p>	<p><b>30</b> mi/km: speed: time: steps: notes:</p>	<p><b>31</b> mi/km: speed: time: steps: notes:</p>	<p><b>Goals and Achievements for Month:</b></p>			

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# August, 2012

*Sun*

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<b>Goals and Achievements for Month:</b>		<b>1</b> mi/km: speed: time: steps: notes:	<b>2</b> mi/km: speed: time: steps: notes:	<b>3</b> mi/km: speed: time: steps: notes:	<b>4</b> mi/km: speed: time: steps: notes:
<b>5</b> mi/km: speed: time: steps: notes:	<b>6</b> mi/km: speed: time: steps: notes:	<b>7</b> mi/km: speed: time: steps: notes:	<b>8</b> mi/km: speed: time: steps: notes:	<b>9</b> mi/km: speed: time: steps: notes:	<b>10</b> mi/km: speed: time: steps: notes:
<b>12</b> mi/km: speed: time: steps: notes:	<b>13</b> mi/km: speed: time: steps: notes:	<b>14</b> mi/km: speed: time: steps: notes:	<b>15</b> mi/km: speed: time: steps: notes:	<b>16</b> mi/km: speed: time: steps: notes:	<b>17</b> mi/km: speed: time: steps: notes:
<b>19</b> mi/km: speed: time: steps: notes:	<b>20</b> mi/km: speed: time: steps: notes:	<b>21</b> mi/km: speed: time: steps: notes:	<b>22</b> mi/km: speed: time: steps: notes:	<b>23</b> mi/km: speed: time: steps: notes:	<b>24</b> mi/km: speed: time: steps: notes:
<b>26</b> mi/km: speed: time: steps: notes:	<b>27</b> mi/km: speed: time: steps: notes:	<b>28</b> mi/km: speed: time: steps: notes:	<b>29</b> mi/km: speed: time: steps: notes:	<b>30</b> mi/km: speed: time: steps: notes:	<b>31</b> mi/km: speed: time: steps: notes:



# September, 2012

Sun

Mon

Tue

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Thu

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Sat

<b>Goals and achievements for month:</b>						1 mi/km: speed: time: steps: notes
2 mi/km: speed: time: steps: notes:	3 mi/km: speed: time: steps: notes:	4 mi/km: speed: time: steps: notes:	5 mi/km: speed: time: steps: notes:	6 mi/km: speed: time: steps: notes:	7 mi/km: speed: time: steps: notes:	8 mi/km: speed: time: steps: notes:
9 mi/km: speed: time: steps: notes:	10 mi/km: speed: time: steps: notes:	11 mi/km: speed: time: steps: notes:	12 mi/km: speed: time: steps: notes:	13 mi/km: speed: time: steps: notes:	14 mi/km: speed: time: steps: notes:	15 mi/km: speed: time: steps: notes:
16 mi/km: speed: time: steps: notes:	17 mi/km: speed: time: steps: notes:	18 mi/km: speed: time: steps: notes:	19 mi/km: speed: time: steps: notes:	20 mi/km: speed: time: steps: notes:	21 mi/km: speed: time: steps: notes:	22 mi/km: speed: time: steps: notes:
23 mi/km: speed: time: steps: notes:	24 mi/km: speed: time: steps: notes:	25 mi/km: speed: time: steps: notes:	26 mi/km: speed: time: steps: notes:	27 mi/km: speed: time: steps: notes:	28 mi/km: speed: time: steps: notes:	29 mi/km: speed: time: steps: notes:
30 mi/km: speed: time: steps: notes:	<b>walking.about.com</b>					

# October, 2012

*Sun*

*Mon*

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*Thu*

*Fri*

*Sat*

	<b>1</b> mi/km: speed: time: steps: notes:	<b>2</b> mi/km: speed: time: steps: notes:	<b>3</b> mi/km: speed: time: steps: notes:	<b>4</b> mi/km: speed: time: steps: notes:	<b>5</b> mi/km: speed: time: steps: notes:	<b>6</b> mi/km: speed: time: steps: notes:
<b>7</b> mi/km: speed: time: steps: notes:	<b>8</b> mi/km: speed: time: steps: notes:	<b>9</b> mi/km: speed: time: steps: notes:	<b>10</b> mi/km: speed: time: steps: notes:	<b>11</b> mi/km: speed: time: steps: notes:	<b>12</b> mi/km: speed: time: steps: notes:	<b>13</b> mi/km: speed: time: steps: notes:
<b>14</b> mi/km: speed: time: steps: notes:	<b>15</b> mi/km: speed: time: steps: notes:	<b>16</b> mi/km: speed: time: steps: notes:	<b>17</b> mi/km: speed: time: steps: notes:	<b>18</b> mi/km: speed: time: steps: notes:	<b>19</b> mi/km: speed: time: steps: notes:	<b>20</b> mi/km: speed: time: steps: notes:
<b>21</b> mi/km: speed: time: steps: notes:	<b>22</b> mi/km: speed: time: steps: notes:	<b>23</b> mi/km: speed: time: steps: notes:	<b>24</b> mi/km: speed: time: steps: notes:	<b>25</b> mi/km: speed: time: steps: notes:	<b>26</b> mi/km: speed: time: steps: notes:	<b>27</b> mi/km: speed: time: steps: notes:
<b>28</b> mi/km: speed: time: steps: notes:	<b>29</b> mi/km: speed: time: steps: notes:	<b>30</b> mi/km: speed: time: steps: notes:	<b>31</b> mi/km: speed: time: steps: notes:	<b>Goals and achievements for month:</b>		

**walking.about.com**

# November, 2012

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<b>Goals and Achievements for Month:</b>				1 mi/km: speed: time: steps: notes:	2 mi/km: speed: time: steps: notes:	3 mi/km: speed: time: steps: notes:
4 mi/km: speed: time: steps: notes:	5 mi/km: speed: time: steps: notes:	6 mi/km: speed: time: steps: notes:	7 mi/km: speed: time: steps: notes:	8 mi/km: speed: time: steps: notes:	9 mi/km: speed: time: steps: notes:	10 mi/km: speed: time: steps: notes:
11 mi/km: speed: time: steps: notes:	12 mi/km: speed: time: steps: notes:	13 mi/km: speed: time: steps: notes:	14 mi/km: speed: time: steps: notes:	15 mi/km: speed: time: steps: notes:	16 mi/km: speed: time: steps: notes:	17 mi/km: speed: time: steps: notes:
18 mi/km: speed: time: steps: notes:	19 mi/km: speed: time: steps: notes:	20 mi/km: speed: time: steps: notes:	21 mi/km: speed: time: steps: notes:	22 mi/km: speed: time: steps: notes:	23 mi/km: speed: time: steps: notes:	24 mi/km: speed: time: steps: notes:
25 mi/km: speed: time: steps: notes:	26 mi/km: speed: time: steps: notes:	27 mi/km: speed: time: steps: notes:	28 mi/km: speed: time: steps: notes:	29 mi/km: speed: time: steps: notes:	30 mi/km: speed: time: steps: notes:	

# December, 2012

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<b>Goals and achievements for month:</b>						<b>1</b> mi/km: speed: time: steps: notes:
<b>2</b> mi/km: speed: time: steps: notes:	<b>3</b> mi/km: speed: time: steps: notes:	<b>4</b> mi/km: speed: time: steps: notes:	<b>5</b> mi/km: speed: time: steps: notes:	<b>6</b> mi/km: speed: time: steps: notes:	<b>7</b> mi/km: speed: time: steps: notes:	<b>8</b> mi/km: speed: time: steps: notes:
<b>9</b> mi/km: speed: time: steps: notes:	<b>10</b> mi/km: speed: time: steps: notes:	<b>11</b> mi/km: speed: time: steps: notes:	<b>12</b> mi/km: speed: time: steps: notes:	<b>13</b> mi/km: speed: time: steps: notes:	<b>14</b> mi/km: speed: time: steps: notes:	<b>15</b> mi/km: speed: time: steps: notes:
<b>16</b> mi/km: speed: time: steps: notes:	<b>17</b> mi/km: speed: time: steps: notes:	<b>18</b> mi/km: speed: time: steps: notes:	<b>19</b> mi/km: speed: time: steps: notes:	<b>20</b> mi/km: speed: time: steps: notes:	<b>21</b> mi/km: speed: time: steps: notes:	<b>22</b> mi/km: speed: time: steps: notes:
<b>23</b> mi/km: speed: time: steps: notes:	<b>24</b> mi/km: speed: time: steps: notes:	<b>25</b> mi/km: speed: time: steps: notes:	<b>26</b> mi/km: speed: time: steps: notes:	<b>27</b> mi/km: speed: time: steps: notes:	<b>28</b> mi/km: speed: time: steps: notes:	<b>29</b> mi/km: speed: time: steps: notes:
<b>30</b> mi/km: speed: time: steps: notes:	<b>31</b> mi/km: speed: time: steps: notes:	<b>walking.about.com</b>				