

WEEK 1	DISTANCE	DURATION	PEDOMETER COUNT
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

WEEK 2	DISTANCE	DURATION	PEDOMETER COUNT
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

WEEK 3	DISTANCE	DURATION	PEDOMETER COUNT
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

WEEK 4	DISTANCE	DURATION	PEDOMETER COUNT
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

WEEK 5	DISTANCE	DURATION	PEDOMETER COUNT
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			