

Walking Log		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Steps taken*							
	Minutes exercised							
Week 2	Steps taken*							
	Minutes exercised							
Week 3	Steps taken*							
	Minutes exercised							
Week 4	Steps taken*							
	Minutes exercised							
Week 5	Steps taken*							
	Minutes exercised							
Week 6	Steps taken*							
	Minutes exercised							
Week 7	Steps taken*							
	Minutes exercised							
Week 8	Steps taken*							
	Minutes exercised							

*If you don't use a pedometer to count your steps, just enter your minutes exercised.

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