

30 Day WALKING TRACKER

Month of: _____

1 _____ ● ● ● ● ● ● ● ●	2 _____ ● ● ● ● ● ● ● ●	3 _____ ● ● ● ● ● ● ● ●	4 _____ ● ● ● ● ● ● ● ●	5 _____ ● ● ● ● ● ● ● ●	6 _____ ● ● ● ● ● ● ● ●
7 _____ ● ● ● ● ● ● ● ●	8 _____ ● ● ● ● ● ● ● ●	9 _____ ● ● ● ● ● ● ● ●	10 _____ ● ● ● ● ● ● ● ●	11 _____ ● ● ● ● ● ● ● ●	12 _____ ● ● ● ● ● ● ● ●
13 _____ ● ● ● ● ● ● ● ●	14 _____ ● ● ● ● ● ● ● ●	15 _____ ● ● ● ● ● ● ● ●	16 _____ ● ● ● ● ● ● ● ●	17 _____ ● ● ● ● ● ● ● ●	18 _____ ● ● ● ● ● ● ● ●
19 _____ ● ● ● ● ● ● ● ●	20 _____ ● ● ● ● ● ● ● ●	21 _____ ● ● ● ● ● ● ● ●	22 _____ ● ● ● ● ● ● ● ●	23 _____ ● ● ● ● ● ● ● ●	24 _____ ● ● ● ● ● ● ● ●
25 _____ ● ● ● ● ● ● ● ●	26 _____ ● ● ● ● ● ● ● ●	27 _____ ● ● ● ● ● ● ● ●	28 _____ ● ● ● ● ● ● ● ●	29 _____ ● ● ● ● ● ● ● ●	30 _____ ● ● ● ● ● ● ● ●

