

Rx for Fitness 12-Week Walker's Log

At the end of each day, use the chart to record your steps.

WEEK:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1: Date Goal							
Week 2: Date Goal							
Week 3: Date Goal							
Week 4: Date Goal							
Week 5: Date Goal							
Week 6: Date Goal							

WEEK:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7: Date Goal							
Week 8: Date Goal							
Week 9: Date Goal							
Week 10: Date Goal							
Week 11: Date Goal							
Week 12: Date Goal							

Congratulations on the successful completion of the 12-week program!

To help evaluate Rx for Fitness, please submit the online evaluation form found at www.rxforfitness.org or mail to Rx for Fitness, PO Box 2681, Cedar Rapids, IA 52406