

YNOT

BE FIT

30-DAY WALKING TRACKER

ONE STEP. ONE DAY. A BETTER YOU.



GET MOVING

Aim for at least
30 minutes
each day.



STAY CONSISTENT

Small steps
every day lead to
big results.



TRACK YOUR PROGRESS

Check off each day
you complete your
walk.



YOU'VE GOT THIS

You're building
strength, health
and habits.

DAY	DATE	WALK TIME (MINUTES)	NOTES / HOW I FEEL
1	___/___/___	_____ min	
2	___/___/___	_____ min	
3	___/___/___	_____ min	
4	___/___/___	_____ min	
5	___/___/___	_____ min	
6	___/___/___	_____ min	
7	___/___/___	_____ min	
8	___/___/___	_____ min	
9	___/___/___	_____ min	
10	___/___/___	_____ min	
11	___/___/___	_____ min	
12	___/___/___	_____ min	
13	___/___/___	_____ min	
14	___/___/___	_____ min	
15	___/___/___	_____ min	
16	___/___/___	_____ min	
17	___/___/___	_____ min	
18	___/___/___	_____ min	
19	___/___/___	_____ min	
20	___/___/___	_____ min	
21	___/___/___	_____ min	
22	___/___/___	_____ min	
23	___/___/___	_____ min	
24	___/___/___	_____ min	
25	___/___/___	_____ min	
26	___/___/___	_____ min	
27	___/___/___	_____ min	
28	___/___/___	_____ min	
29	___/___/___	_____ min	
30	___/___/___	_____ min	



YOU DID IT!

30 DAYS OF WALKING.
A LIFETIME OF BENEFITS.

MY GOAL:

MY REWARD:



DISCLAIMER: Always consult your physician before beginning any exercise or fitness program.
Listen to your body and progress at your own pace.

YNOTBEFIT.COM