

Weekly Walking + Water Tracker

Fill in your own goals. Tick the box on days you hit both.

Walk & Water
getyourbmr.com

DAILY STEP GOAL

WATER GOAL (GLASSES)

WEEK OF

DAY	STEPS	MINUTES WALKED	WATER (ONE CIRCLE PER GLASS)	BOTH?
Monday			<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	☐
Tuesday			<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	☐
Wednesday			<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	☐
Thursday			<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	☐
Friday			<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	☐
Saturday			<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	☐
Sunday			<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	☐

BEST WALK THIS WEEK

NEXT WEEK I'LL...