



Name: \_\_\_\_\_

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Reporting in:

Miles

Steps

**Get Moving Kern Walking Program**  
**Sponsored by Mercy Hospitals of Bakersfield**

**Walking Program Log**

Week	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat	Totals
1								
2								
3								
4								
5								
6								
7								
8								
9								

Step Conversion  
2,000 Steps = 1 mile