

BMS Wellness Program Monthly Walking Mileage Log



TOLL FREE 1-800-443-3390
 TOLL FREE FAX 1-800-952-5352

Month: _____

Start Date: _____

Name: _____

Start Weight: _____

Week 1: _____	Week 2: _____	Week 3: _____	Week 4: _____	Week 5: _____
Day1: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day1: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day1: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day1: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day1: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____
Day2: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day2: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day2: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day2: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day2: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____
Day3: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day3: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day3: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day3: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day3: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____
Day4: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day4: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day4: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day4: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day4: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____
Day5: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day5: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day5: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day5: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day5: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____
Day6: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day6: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day6: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day6: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day6: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____
Day7: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day7: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day7: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day7: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____	Day7: _____ <input type="checkbox"/> Miles: _____ <input type="checkbox"/> Calories: _____ <input type="checkbox"/> Steps: _____ <input type="checkbox"/> Weight: _____
Week 1 Miles: _____	Week 2 Miles: _____	Week 3 Miles: _____	Week 4 Miles: _____	Week 5 Miles: _____
Week 1 Steps: _____	Week 2 Steps: _____	Week 3 Steps: _____	Week 4 Steps: _____	Week 5 Steps: _____

TOTAL MILES FOR MONTH: _____ **TOTAL STEPS FOR MONTH:** _____