Promise Passport Journal

Name _____

Number _____ Beginning Steps _____ Beginning weight _____

Ending Total Steps _____ Ending Weight _____

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Steps Weight	Check-in Initials
Nov 6									
Nov13									
Nov 20									
Nov 27									
Dec 4									
Dec 11									
Dec 18									
Dec 26									
Jan 2									
Jan 9									