

Walking Log

Use this log to track your walking steps...and monitor your progress. Take notes on where you walked (indoors / outdoors, flat or hilly terrain, etc.) and any observations you made during your walking time (easy, difficult, meditative, etc.) Complete the bottom of the chart at the end of the week, including ideas for change and your daily step increase for the coming week.

- Remember...**
1. Aim for 10,000 steps daily.
 2. There are 2,500 steps in a mile.
 3. Moderate intensity = 100 steps per minute (3000 steps per 30 minutes)

Day – Date	# of steps	Time	Distance	Notes
Sun ____/____/____				
Mon ____/____/____				
Tues ____/____/____				
Wed ____/____/____				
Thurs ____/____/____				
Fri ____/____/____				
Sat ____/____/____				
Week Totals				
Ideas for change / improvement =				
Daily step increase for next week =				