

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 =				