

6-Week Walking Log

Keep Track – For the next six weeks, keep track of your daily steps, time, or distance on the walking log. At the end of the program, return your walking log to the program coordinator.

Remember – The goal of this program is to increase your physical activity, so don't compare your daily activity to someone else's. Your goal is to take more steps per day by the end of the program than you did at the beginning.

In each box, record the number of steps, time, or distance walked each day.	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
TOTALS							

Goals

Whether your goal is to walk 30 minutes a day, or to lose five pounds by the end of this walking campaign, your goal is more tangible if it's written down. By writing your goals on the lines below you'll have a constant reminder and a little extra push to achieve what you set out to do in the beginning.

Daily Goal: _____

6-Week Goal: _____

Overall Goal: _____