



Walk Log

Use this log to set a walking goal and to record your progress. You can record the distance (number of steps, using a pedometer on your smart phone) or the time (number of minutes) you walk.

Distance: 2000 steps = 1 mile **Time:** 15 minutes = 1 mile

Write your walking goal in the line below (example: I will add 3000 steps to my daily walking routine by the end of 4 weeks):

Date	Distance or Time Walked

Date	Distance or Time Walked

Date	Distance or Time Walked

Date	Distance or Time Walked

First Name & First Letter of Last Name: _____

Email: _____

Phone Number: _____ ZIP Code: _____

Neighborhood Association if applicable: _____

