

Walking Log

Each day, keep track of your daily walk in one of three ways: by distance, by the number of steps on your pedometer, or by time. Once a week, count up your miles, steps or time and write it in the “weekly total” row.

If you walk 3 miles, 3 days a week for 1 year, you will have walked 468 miles. That is like walking from Washington, DC, to Boston, Massachusetts!

	Distance	Steps	Time	Location	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Weekly Total					