

Walking Diary or Track your Walking

As we go through this 6 week program it is important to track your walking and your exercise. This document will help you each week ensure that you are keeping track of your walking and exercise.

Tracking walking or exercise times can be tricky, but feel free to use your resources such as a mobile device or a smart watch to track times for walking or exercise, this can be a simple stop watch, the workout app on your smart watch or mobile device, but stay consistent.

Filling this document out on the platform each day can help you fill out the log on the platform at the end of the week. This document also helps to ensure you keep your motivation going strong.



Walking Diary

Week

Goal: ___ total minutes or ___ total distance for the week. How did I do each day?

- Sunday _____
- Monday _____
- Tuesday _____
- Wednesday _____
- Thursday _____
- Friday _____
- Saturday _____

Starting Point Self-test Pain: _____ Fatigue: _____ Physical Limitations: _____

What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

