

Walk with Ease

a program for better living



Walking Diary

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.

Walk With Ease in the Worksite

Walking Diary

Week 1

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?

Walk With Ease in the Worksite

Walking Diary

Week 2

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

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

This week I chose this as my fitness measure:

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?

Walk With Ease in the Worksite

Walking Diary

Week 3

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

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

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?

Do I remember to reward myself?

Walking Diary

Week 4

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

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Now my fitness level is:

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?

Walk With Ease in the Worksite

Walking Diary

Week 5

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

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

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?

Walk With Ease in the Worksite

Walking Diary

Week 6

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

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Ending Point self-test Pain:_____ Fatigue: _____ Physical limitations: _____

Now my fitness level is:

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?

Did I remember to reward myself?

Walk With Ease in the Worksite

Thinking about all Six Weeks

How did I do overall?

What do I want to change?

Other notes:
