

WALKING PROGRESS LOG

Two Weeks Per Page

WALKING PROGRESS LOG

My Starting Point: I currently walk _____ blocks or for _____ minutes before I have leg pain or cramps. I currently have to make _____ stops to rest to get to _____ (place).

Goal: _____

Examples: I want to walk _____ (distance) in _____ (minutes) or before I stop. I want to walk _____ blocks with no more than _____ stops.

Week _____	Walk #1	Walk #2	Walk #3	Walk #4
Date				
Start Time				
End Time				
Total Time				
Number of stops to rest				
Route/ Distance Walked				

Comments, thoughts, or problems:

Walk 1:

Walk 2:

Walk 3:

Walk 4:

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Walking Log Style #1: Print additional copies for individual use at www.vdf.org/PAD/exercisetherapy.php



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