

WALKING PROGRESS LOG

One Week Per Page—Horizontal

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 _____	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:							
Walk 5:							
Walk 6:							
Walk 7:							

