

## 12 Week Daily Walking Log

Use this log to record the number of steps and time spent walking each day in the appropriate spaces below.  
Please indicate your pace with light, moderate or vigorous.

Week	Walking	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Steps/ Minutes
1	Steps/Min Pace								
2	Steps/Min Pace								
3	Steps/Min Pace								
4	Steps/Min Pace								
5	Steps/Min Pace								
6	Steps/Min Pace								
7	Steps/Min Pace								
8	Steps/Min Pace								
9	Steps/Min Pace								
10	Steps/Min Pace								
11	Steps/Min Pace								
12	Steps/Min Pace								

Tip: Increase of 2,000 steps each week until you reach your goal.

Total Steps \_\_\_\_\_

Total Minutes \_\_\_\_\_