

Walking Log



Month: _____

Goal: _____

Weight: _____ BMI: _____ Blood Pressure: _____

Date	Mins Walked	Steps Walked	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
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21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			

Instructions:

Write the month at the top of your log.

Next, write your goal for the month.

Under the “Mins Walked” column write the number of minutes walked each day.

Or, if you are using a pedometer, write the number of steps you took under the “Steps Walked” column.

If you want to write notes about your walk, use the “Notes” section. For example, you can write if you walked briskly or vigorously, if you walked by yourself or with a group, what trail or path you walked, or how energized you felt after!

Note: If your goal is to lose weight, or lower your body mass index (BMI) or blood pressure, measure these before you start your walking program and write them at the top of the log. Each month, on or around the same day, take these measurements again and write them in the space provided. If you do not have a scale or blood pressure monitor, have your doctor check these for you.

BMI is a measure of body fat based on height and weight that applies to both **adult** men and women. To calculate your BMI, visit:

www.nhlbisupport.com/bmi