

Walking Log

Use this walking log to keep track of your weekly progress. Before you start walking for the day, place your pedometer on the waistline of your pants just above the knee. Track how many steps your pedometer counts at the end of each day. The goal is to aim for 10,000 steps a day. Keep the log in a place where you will see it often, such as on a memo board or refrigerator door.

| Week | 1 | 2 | 3 | 4 |
|---------------------|----------|----------|----------|----------|
| <i>Monday</i> | | | | |
| <i>Tuesday</i> | | | | |
| <i>Wednesday</i> | | | | |
| <i>Thursday</i> | | | | |
| <i>Friday</i> | | | | |
| <i>Saturday</i> | | | | |
| <i>Sunday</i> | | | | |
| Weekly Total | | | | |

| Week | 5 | 6 | 7 | 8 |
|---------------------|----------|----------|----------|----------|
| <i>Monday</i> | | | | |
| <i>Tuesday</i> | | | | |
| <i>Wednesday</i> | | | | |
| <i>Thursday</i> | | | | |
| <i>Friday</i> | | | | |
| <i>Saturday</i> | | | | |
| <i>Sunday</i> | | | | |
| Weekly Total | | | | |

| Week | 9 | 10 | 11 | 12 |
|---------------------|----------|-----------|-----------|-----------|
| <i>Monday</i> | | | | |
| <i>Tuesday</i> | | | | |
| <i>Wednesday</i> | | | | |
| <i>Thursday</i> | | | | |
| <i>Friday</i> | | | | |
| <i>Saturday</i> | | | | |
| <i>Sunday</i> | | | | |
| Weekly Total | | | | |

| Week | 13 | 14 | 15 | 16 |
|---------------------|-----------|-----------|-----------|-----------|
| <i>Monday</i> | | | | |
| <i>Tuesday</i> | | | | |
| <i>Wednesday</i> | | | | |
| <i>Thursday</i> | | | | |
| <i>Friday</i> | | | | |
| <i>Saturday</i> | | | | |
| <i>Sunday</i> | | | | |
| Weekly Total | | | | |

| Week | 17 | 18 | 19 | 20 |
|---------------------|-----------|-----------|-----------|-----------|
| <i>Monday</i> | | | | |
| <i>Tuesday</i> | | | | |
| <i>Wednesday</i> | | | | |
| <i>Thursday</i> | | | | |
| <i>Friday</i> | | | | |
| <i>Saturday</i> | | | | |
| <i>Sunday</i> | | | | |
| Weekly Total | | | | |

| Week | 21 | 22 | 23 | 24 |
|---------------------|-----------|-----------|-----------|-----------|
| <i>Monday</i> | | | | |
| <i>Tuesday</i> | | | | |
| <i>Wednesday</i> | | | | |
| <i>Thursday</i> | | | | |
| <i>Friday</i> | | | | |
| <i>Saturday</i> | | | | |
| <i>Sunday</i> | | | | |
| Weekly Total | | | | |

***Remember small steps add up to big changes!
And big changes can help you live a long and heart healthy life.***

***Every Woman Matters Program
Nebraska Office of Women's and Men's Health
1-800-532-2227***

www.dhhs.ne.gov/womenshealth