WHEE WALK

Campus Recreation & Wellness

Walking Log

WHEE WALK

Date	Minutes Walked	# Steps	Distance	Comments about my walk & how I felt
10/2	30 minutes	2200	1 mile	The route was hilly today. My legs felt strong. I was thirsty, I need to remember to bring water.
10/5	30 minutes	2188	1 mile	I can feel the walk from yesterday in today's walk. I did remember to bring my water and I really am enjoying this loop.
10/8	30 minutes	2202	1 mile	Love this course. I felt my stress level going down when and after I finished my walk.
10/11	45 minutes	3104	1.5 miles	I switched routes today to mix it up. It was awesome. Sue joined me for a walk today too!
10/14	30 minutes	2209	1 mile	Went back to my same route. Have a busy day today. Could only get 30min in. The walk helped me relax.
10/17	1 hour	4207	3 miles	Today I took my family out walking with me. My walk was even better because we motivated each other.
10/20	30 minutes	2205	1 mile	Continued my regular route. I feel less winded when walking.

SAMPLE

Goals for this month:

# of Steps: _20,000____ or Minutes: _30 per walk___

- Estimate 2,000 steps per mile or check pedometer
- Work to walk at least 3 days per week

Totals for the Month of October____:

Minutes Walked _4 hrs & 15 min._____

Total # Steps Walked _16333_____