Campus Recreation & Wellness

Walking Log

Date	Minutes Walked	# Steps	Distance	Comments about my walk & how I felt

Goals for this month:

# of Steps: _____ or Minutes: _____

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

Totals for the Month of _____:

Minutes Walked _____

Total # Steps Walked _____