



Weekly Walking Log

Week of: _____

DAY:	STEPS:	MILES:	NOTES:
<i>Monday</i>			
<i>Tuesday</i>			
<i>Wednesday</i>			
<i>Thursday</i>			
<i>Friday</i>			
<i>Saturday</i>			
<i>Sunday</i>			
TOTALS:			

Steps	Minutes	Miles
500	5	1/4 mile
1000	10	1/2 mile
1500	15	3/4 mile
2000	20	1 mile

Why 10K a Day?

To achieve good health, strive to take 10,000 steps a day. Equivalent to 30 minutes of moderate physical activity and approximately 5 miles, taking 10,000 steps is an excellent way to engage in an active lifestyle. *Remember ...every step counts!*

* Pedometer conversions may vary according to stride length. Consider them only as an approximation.