

WALKING LOG

Use this log to track your progress and determine your weekly walking goals.

WEEK 1		WEEK 4	
Date	Steps Walked	Date	Steps Walked
Total Steps Walked		Total Steps Walked	
÷ 7 days = Weekly Average		÷ 7 days = Weekly Average	
+ 500 Steps = Next Week's Goal		+ 500 Steps = Next Week's Goal	
WEEK 2		WEEK 5	
Date	Steps Walked	Date	Steps Walked
Total Steps Walked		Total Steps Walked	
÷ 7 days = Weekly Average		÷ 7 days = Weekly Average	
+ 500 Steps = Next Week's Goal		+ 500 Steps = Next Week's Goal	
WEEK 3		WEEK 6	
Date	Steps Walked	Date	Steps Walked
Total Steps Walked		Total Steps Walked	
÷ 7 days = Weekly Average		÷ 7 days = Weekly Average	
+ 500 Steps = Next Week's Goal		+ 500 Steps = Next Week's Goal	

Note: You can also estimate the number of steps you are taking by keeping track of the number of minutes you walk each day. For the average individual, five minutes of walking is equivalent to 500 steps.



South Carolina

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