

Walking is one of the easiest ways to incorporate physical activity into your life.

It has one of the lowest dropout rates of any physical activity, and at Cleveland Clinic, there are plenty of opportunities to get moving!

Use the log below to record the number of steps, miles and the amount of time you walk each day. Print a new log each month to track your progress over time.

Visit Cleveland Clinic Walks on the Employee Wellness website for more information about walking, an online walking log and other resources to help you take steps towards wellness! (www.cchs.net/wellness)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
WEEK 1	Date:								
	Number of steps walked								
	Number of minutes walked								
	Number of miles walked (2,000 steps = one mile)								
WEEK 2	Date:								
	Number of steps walked								
	Number of minutes walked								
	Number of miles walked (2,000 steps = one mile)								
WEEK 3	Date:								
	Number of steps walked								
	Number of minutes walked								
	Number of miles walked (2,000 steps = one mile)								
WEEK 4	Date:								
	Number of steps walked								
	Number of minutes walked								
	Number of miles walked (2,000 steps = one mile)								
WEEK 5	Date:								
	Number of steps walked								
	Number of minutes walked								
	Number of miles walked (2,000 steps = one mile)								

