

Be Active Walking Diary

This is your personal Be Active Walking Diary. It helps you keep a record of your walking and set goals. At the beginning of each week you walk write the date next to the week, and fill in how many steps or how long you walked for. See if you can increase the number of steps you take, or how long you walk for each week. At the end of each week you can fill in the online walking diary at http://www.human-race.org/community_new/street_stats.php with your results for the week and see if you averaged 30 minutes exercise a day. If you are over 35 years of age, have been inactive or have a known medical condition, eg heart problems or asthma you should visit your doctor or physiotherapist before starting an exercise program.



Week	Date	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		Steps	Mins	Steps	Mins	Steps	Mins	Steps	Mins	Steps	Mins	Steps	Mins	Steps	Mins
1															
2															
3															
4															
5															
6															
7															
8															
9															
10															

