

Sample Walking Diary

Week 1

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday

Monday15 minutes morning and evening

Tuesday

Wednesday15 minutes morning, 10 minutes evening

Thursday

FridayNo morning, 15 minutes at lunch, 15 minutes after dinner

Saturday

Starting Point Self-Test Pain: 6 Fatigue: 7 Physical Limitations: ____

What’s helping me to keep walking?

My walking buddy, losing 2 pounds, feeling happier

What’s been a challenge for me to keep walking?

Late from work on Wednesday, bad weather in the morning on Friday, but I made it up at lunch.

What information do I need to help me handle the challenges and where can I get it?

We need to find some nice indoor places to walk when it’s bad out.

I need to put my walking schedule on my calendar and treat it like an important appointment!

Walking Diary

Week 1

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday	_____
Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____

Starting Point Self-Test Pain #:____ Fatigue: ____ Physical Limitations: ____

What’s helping me to keep walking?

What’s been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Walking Diary

Week 2

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

This week I chose this as my fitness measure:

What’s helping me to keep walking?

What’s been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Walking Diary

Week 3

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday	_____
Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____

What’s helping me to keep walking?

What’s been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Do I remember to reward myself?

Walking Diary

Week 4

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Now my fitness level is:

What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Walking Diary

Week 5

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday	_____
Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____

What’s helping me to keep walking?

What’s been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Walking Diary

Week 6

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Ending Point Self-Test Pain:____ Fatigue: ____ Physical Limitations: ____

Now my fitness level is:

What’s helping me to keep walking?

What’s been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Did I remember to reward myself?

Thinking About All Six Weeks

How did I do overall?

What do I want to change?

Other notes:
