

# Walk Log Instructions

How to use a walking log:

- 1) Set a **goal for the month!** Would you like to walk a certain number of times per week? Walk a certain distance every week? Achieve a certain step goal every day? Start with small goals and work your way up!
- 2) Plan your **walk location(s)**. (Do you have a favourite neighbourhood block, park or trail? How will you get there?)
- 3) Plan your walks into your **schedule**. Is there a time of day that works best with your schedule? Do you enjoy walking more at a particular time of day?
- 4) **Record your activity** using the walking log.
- 5) **Hold yourself accountable!** One great way to do this is to tell a friend about your goals - or better yet, invite them to join you! Another is to plan a healthy reward to celebrate achieving your goals.