

# 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?

_____
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## 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?

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What do I want to change?

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Other notes:

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