

Name: _____



OTs Walk with NAMI

12-Week Walking Log

Keep Track – For the next twelve weeks, keep track of your daily steps, time, or distance on the walking log. At the end of the 12-week session, return your walking log to the program coordinator at your location.

Remember – The goal of this program is to increase your physical activity, so don't compare your daily activity to someone else's. Your goal is to take more steps per day by the end of the program than you did at the beginning.

In each box, record the number of steps, time, or distance walked each day:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
TOTALS:												

Whether your goal is to walk 30 minutes a day, to lose five pounds by the end of this walking campaign, or to increase the number of steps you take, your goal is more tangible if it's written down. By writing your goals on the lines below you'll have a constant reminder and a little extra push to achieve what you set out to do in the beginning.

Daily Goal: _____
12-Week Goal: _____
Overall Goal: _____