



# Weekly Walking Log

Week of: \_\_\_\_\_

| DAY:STEPS:       | MILES: | NOTES: |  |
|------------------|--------|--------|--|
| <i>Monday</i>    |        |        |  |
| <i>Tuesday</i>   |        |        |  |
| <i>Wednesday</i> |        |        |  |
| <i>Thursday</i>  |        |        |  |
| <i>Friday</i>    |        |        |  |
| <i>Saturday</i>  |        |        |  |
| <i>Sunday</i>    |        |        |  |
| <b>TOTALS:</b>   |        |        |  |

| <i>Conversion Chart*</i> |                |              |
|--------------------------|----------------|--------------|
| <b>Steps</b>             | <b>Minutes</b> | <b>Miles</b> |
| 500                      | 5 1/4          | mile         |
| 1000                     | 10 1/2         | mile         |
| 1500                     | 15 3/4         | mile         |
| 2000                     | 20 1           | mile         |

### **Why 10K a Day?**

To achieve good health, strive to take 10,000 steps a day. Equivalent to 30 minutes of moderate physical activity and approximately 5 miles, taking 10,000 steps is an excellent way to engage in an active lifestyle. *Remember ...ever y step counts!*

\* Pedometer conversions may vary according to stride length. Consider them only as an approximation.