Week 1
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?

Goal: tota	Il minutes or total distance for the week. How did I do each day?
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
inis week i ch	ose this as my fitness measure:
	oso mis as my miness measure.
What's helpin	
What's helpin	g me to keep walking?
What's helpin	
What's helpin	
	g me to keep walking?
	g me to keep walking?
	g me to keep walking?
What's been	g me to keep walking?
What's been	g me to keep walking?  a challenge for me to keep walking?

Week 3	
Goal: tota	minutes or total distance for the week. How did I do each day?
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
What's been o	a challenge for me to keep walking?
What informati	on do I need to help me handle the challenges and where can I get it?

Week 4	
Goal: tota	minutes or total distance for the week. How did I do each day?
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	*
What's helping	g me to keep walking?
What!'s been c	ı challenge for me to keep walking?
	E C
What information	on do I need to help me handle the challenges and where can I get it?

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 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: \_\_\_\_ 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?

Ininking About All Six Weeks	
How did I do overall?	
What do I want to change?	<del></del>
	_
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	_
	_
Other notes:	
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