# WALKING LOG

With the help of your therapist, use the schedule to set realistic walking goals for the week and record your actual time walked. Gradually increase the minutes and always use proper body mechanics. Walking is a critical part of everyday life and the goal is to improve the ease and frequency of physical activity. **Remember**: Motion is lotion for your joints!

| DAY | SAMPLE | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 |
|---|---|---|---|---|---|---|---|
| **MONDAY** | Goal: 6 mins<br>Actual: 6 mins | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: |
| **TUESDAY** | Goal: 6 mins<br>Actual: 7 mins | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: |
| **WEDNESDAY** | Goal: 7 mins<br>Actual: 7 mins | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: |
| **THURSDAY** | Goal: OFF<br>Actual: OFF | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: |
| **FRIDAY** | Goal: 7 mins<br>Actual: 7 mins | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: |
| **SATURDAY** | Goal: 8 mins<br>Actual: 9 mins | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: |
| **SUNDAY** | Goal: OFF<br>Actual: OFF | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: | Goal:<br>Actual: |