Week 7

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

Don't Give Up! *Total* _____

Week 8

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

This is for YOU! *Total* _____

Week 9

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

Invite Friends! *Total* _____

Week 10

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

You Can Do It! *Total* _____

Week 11

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

Get MOTIVATED! *Total* _____

Week 12

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

Don't Give Up *Total* _____

Walk to Health

Southwest Nebraska Public Health Department

Walking Journal

404 West 10th ST
McCOOK, NE 69001
Phone: 308.345.4223
Email: info@swhealthdept.com
www.swhealthdept.com

Have 10 minutes? Take a walk.

Walking is more than just a way to keep your heart healthy, it's a whole new way of life. It helps you meet people, boosts your energy and it's fun. Walking can be done any time of the day, anywhere, by most everyone and it is FREE!

Our Recommendations:

- Walk at least 30 minutes, 5 days per week.
- Begin with just 10 minutes, and move up to 20 and 30 minutes when you are ready.
- Walk at a moderate intensity, that is, "as if you are going somewhere".
- Walk an hour a day for weight loss.

Why is walking good for me?

- Regular walking gives you more energy and helps you to relax and feel less tense.
- People who walk report feeling more in control, more alert, and more positive.
- Walking improves sleep.
- Regular walking can cut your risk of heart disease by one half and benefits occur immediately.
- Walking helps you lose extra pounds and it helps you stay at your desired weight.
- Walking helps control your appetite.
- Walking tones your muscles.

Week 1

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

Don't Give Up! *Total* _____

Week 2

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

This is for YOU! *Total* _____

Week 3

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

Invite Friends! *Total* _____

Week 4

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

You Can Do It! *Total* _____

Week 5

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

Get MOTIVATED! *Total* _____

Week 6

Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____
Date: _____ Steps/Min. Walked _____

Don't Give Up *Total* _____