



Walk for Better Health Activity Log

Physical Activity (Steps, Minutes, Miles)	
Week 5	Monday
	Tuesday
	Wednesday
	Thursday
	Friday
	Saturday
	Sunday
	Total

Physical Activity (Steps, Minutes, Miles)	
Week 6	Monday
	Tuesday
	Wednesday
	Thursday
	Friday
	Saturday
	Sunday
	Total

Name:

Department:

Extension:

Submit Log to:



Use this log to record your daily activity – the number of steps you take, the number of minutes of activity or miles walked.



Physical Activity (Steps, Minutes, Miles)	
Week 1	Monday
	Tuesday
	Wednesday
	Thursday
	Friday
	Saturday
	Sunday
	Total

Physical Activity (Steps, Minutes, Miles)	
Week 3	Monday
	Tuesday
	Wednesday
	Thursday
	Friday
	Saturday
	Sunday
	Total

Physical Activity (Steps, Minutes, Miles)	
Week 2	Monday
	Tuesday
	Wednesday
	Thursday
	Friday
	Saturday
	Sunday
	Total

Physical Activity (Steps, Minutes, Miles)	
Week 4	Monday
	Tuesday
	Wednesday
	Thursday
	Friday
	Saturday
	Sunday
	Total