

Walking/Bike Challenge Log

Keep Track: For the month of May, keep track of your daily steps, time, or distance on the walking/biking log. At the end of the program, return your log to the Nursing Service.

Remember: The goal of this program is to increase your physical activity, so don't compare your daily activity to someone else's. Your goal is to be more active every day by the end of the program than you were at the beginning.

In each box, record the number of steps, time, or distance walked each day.	Week 1	Week 2	Week 3	Week 4	Week 5
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
TOTALS:					

Goals

Whether your goal is to walk or bike 30 minutes a day, or to lose five pounds by the end of this campaign, your goal is more tangible if it's written down. By writing your goals on the lines below you'll have a constant reminder and a little extra push to achieve what you set out to do in the beginning.

Daily Goal: _____

Monthly Goal: _____

Overall Goal: _____

North Country Health Alliance



Building Healthier Communities Together