

WOW Let's Step It Up - 5 Week Walking Log

WOW TEAM NAME: _____

TEAM MEMBER/INDIVIDUAL'S NAME: _____

Keep Track – For the next five weeks, keep track of your daily steps, time, or distance on the walking log. At the end of the 5-week session, return your walking log to your school nurse or the program coordinator at your location.

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 take more steps per day by the end of the program than you did at the beginning. In each box, record the number of steps, time, or distance walked each day.

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Tuesday	April 8	April 15	April 22	April 29	May 6
Wednesday	April 9	April 16	April 23	April 30	May 7
Thursday	April 10	April 17	April 24	May 1	May 8
Friday	April 11	April 18	April 25	May 2	May 9
Saturday	April 12	April 19	April 26	May 3	May 10
Sunday	April 13	April 20	April 27	May 4	May 11
Monday	April 14	April 21 REPORT DAY!	April 28 REPORT DAY!	May 5 REPORT DAY!	May 12 SEND FINAL REPORT TOMORROW, May 13!
Totals					

Goals

Whether your goal is to walk 30 minutes a day, to lose five pounds by the end of this walking campaign, or to increase the number of steps you take, 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: _____

5-Week Goal: _____

Overall Goal: _____

FAX THIS SHEET TO Michelle Ward at Ext 323 every Monday, with the Final Report sent in on Tuesday, May 13th! (Report Days: April 21, April 28, May 5, & May 13)