



Interior Health

Daily Walking Log

Average Daily Steps: _____

Date: _____

Goal for this Week: _____ planned walks
_____ more steps

	Total daily steps	Total steps in planned walk	Time or distance in planned walk	Comments (How do you feel?)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Steps for the Week				

- A Planned Walk is any walk that you have planned outside of your daily activities. For example: a 20 minute walk around the block.
- Always do a proper warm up and cool down (5+ minutes each)
- Exercise should always feel comfortable (talk test)
- Going slower and longer is more important than going faster
- Do not exercise if you feel unwell





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Vascular Improvement Program
PUT YOUR HEART INTO IT