



WALKING LOG

Walking 3 to 5 days a week for 30 to 60 minutes can optimize your health and well-being. The benefits of walking includes lowering your blood pressure, reducing your weight, reducing the risk of cardiovascular diseases and reducing depression. Walking for a minimum of 30 minutes will greatly improve blood circulation, increase muscular strength and increase your amount of HDL (the good cholesterol). Use the walking log to help monitor and increase daily minutes walked.

Week	Daily Goal	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Average Time Walked
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									

Provided by the Health Promotion Program
at the Wayne County Health Department
Goldsboro, NC
(919) 731-1235

