Walking Diary

Name_____Date of Birth_____

Fill out this diary using estimated distances and the Breathing Scale at the bottom of the page.
This will help you keep track of goals and progress. There's room to record up to 3 walks per day.

Day/date:	Walk 1, where? About how far?	*Walk 1, breathing:*	Walk 2, where? About how far?	*Walk 2, breathing:*	Walk 3, where? About how far?	*Walk 3, breathing:*

Breathing scale:

0 --------- 1 --------- 2 --------- 3 --------- 4 --------- 5 --------- 6 --------- 7 --------- 8 --------- 9 --------- 10

Breathing easy Can exercise at my own pace	Difficult Unable to hurry	Struggling Have to take breaks	Gasping even when I take a break	Emergency: can't breathe!

How far are you walking? You can buy a pedometer, which measures your distance for you, for about $20; you can use a computer tool (http://www.gmap-pedometer.com) to measure your distance on a map; you can measure out 100, 50, or 20 feet with a measuring tape, then count how many steps, or how many minutes, it takes you to walk that distance - then count time or steps when you walk for exercise, and calculate your distance.

Typical distances: 50 feet = about 20 paces (steps about 30" apart) 1 city block = about 1/10 mile 1 standard flight of 12 stairs = about 1/20 mile