

WALKING LOG

Use this log to record the number of steps you take and time spent walking over the next six weeks. Track your progress over time and apply for the Presidential Active Lifestyle Award (www.presidentschallenge.org).

Date	Performance Entry (Time, Distance, Etc.)	Date	Performance Entry (Time, Distance, Etc.)
WEEK 1		WEEK 2	
Signature		Signature	
WEEK 3		WEEK 4	
Signature		Signature	
WEEK 5		WEEK 6	
Signature		Signature	

WalkingWorksSM Pledge

I pledge to take steps towards a healthier me and a healthier America.

I will make choices that include walking as an easy part of my daily routine.

With the help of this program, I will set and meet personalized goals and record my progress.

In doing so, I can decrease my risk for health problems down the road and do my part to keep healthcare affordable for everyone.



Signature _____