



HEALTHYLIVING MINNEAPOLIS

COMMUNITY RESOURCES FOR EVERYONE



Walking Challenge Log Book

Clinic Name: _____

Patient Name: _____

Date Started: _____

Date Completed: _____

Use this log book to set your walking goals and track the number of steps you take each day.

HealthyLiving Minneapolis Walking Challenge

Walking is a great way to be physically active. It boosts your energy, strengthens your muscles and improves your health. In addition, walking is:

- Easy and convenient to do
- Fun to do on your own or with others
- Free

Steps stats

2,000 steps \approx 1 mile

10,000 steps \approx 5 miles

My goals

Writing your goals for the Challenge will keep you focused and motivated to walk! Whether it's losing weight, reducing stress or toning your muscles, making individual goals is important.

My goals are: _____

Levels of Activity

Aim to move up to a higher level of physical activity each week. For example, if you walked an average of 3,785 steps per day in Week 1, add more steps in Week 2 to get to the next level.

	Average steps per day	State of Physical Activity
Level 8	>12,000	Very Active, <i>keep it up!</i>
Level 7	9,001-12,000	Active
Level 6	7,501-9,000	
Level 5	6,001-7,500	Somewhat Active
Level 4	5,001-6,000	
Level 3	4,001-5,000	Sedentary
Level 2	3,501-4,000	
Level 1	<3,500	Very Sedentary

Pedometer and Logging Instructions

1. Set your pedometer to 0 by pushing and holding the reset button (refer to your pedometer's packaging for more information).
2. Attach the pedometer to your waistband in alignment with your knee.
3. Start walking!
4. At the end of the day, record the number of steps you took in your log book.

SAMPLE

Last Week's Daily Average	4,280
This Week's Daily Goal	Level 4
Number of Steps	
Wednesday	5,112
Thursday	4,389
Friday	6,047
Saturday	4,198
Sunday	5,124
Monday	5,863
Tuesday	5,248
Total number of steps this week	35,981
Average Steps this week (total number of steps divided by days logged)	$35,981 \div 7 = 5,140$
Activity level this week	Level 4

WEEK 1

Use Week One to establish your baseline -- the average number of steps you take per day.

Number of Steps	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Monday	
Tuesday	
Total number of steps this week	
Average Steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	

In the following weeks, aim to increase your average number of daily steps and move up an activity level.

WEEK 2

Last Week's Daily Average	
This Week's Daily Goal	
Number of Steps	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Monday	
Tuesday	
Total number of steps this week	
Average Steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	

WEEK 3

Last Week's Daily Average	
This Week's Daily Goal	
Number of Steps	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Monday	
Tuesday	
Total number of steps this week	
Average Steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	

WEEK 4

Last Week's Daily Average	
This Week's Daily Goal	
	Number of Steps
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Monday	
Tuesday	
Total number of steps this week	
Average Steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	

WEEK 5

Last Week's Daily Average	
This Week's Daily Goal	
Number of Steps	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Monday	
Tuesday	
Total number of steps this week	
Average Steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	

WEEK 6

Last Week's Daily Average	
This Week's Daily Goal	
Number of Steps	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Monday	
Tuesday	
Total number of steps this week	
Average Steps this week <i>(total number of steps divided by days logged)</i>	
Activity level this week	

Congratulations! You have completed the HealthyLiving Minneapolis Walking Challenge!

If you need this material in an alternative format please call Ahmed Muhumud at (612) 673-2162 or email

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Deaf and hard-of-hearing persons may use a relay service to call 311 agents at (612) 673-3000.

TTY users may call (612) 673-2157 or (612) 673-2626.

Attention: If you have any questions regarding this material please call 311.

Hmong - Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu (612) 673-2800;

Spanish - Atención. Si desea recibir asistencia gratuita para traducir esta información, llama (612) 673-2700;

Somali - Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac (612) 673-3500



www.minneapolismn.gov/dhfs

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