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Walk With Ease - Walking Diary

Week 1

Goal: _____ total minutes or _____ total distance for the week. How did I do each day?

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Starting Point Self-test Pain: _____ Fatigue: _____ Physical Limitations: _____

What's helping me to keep walking?

What's been a challenge for me to keep walking?



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What information do I need to help me handle the challenges and where can I get it?

Week 2

Goal: _____ total minutes or _____ total distance for the week. How did I do each day?

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

This week I chose this as my fitness measure:



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What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Week 3

Goal: _____ total minutes or _____ total distance for the week. How did I do each day?

Sunday

Monday

Tuesday



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Wednesday

Thursday

Friday

Saturday

What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Do I remember to reward myself?



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Week 4

Goal: _____ total minutes or _____ total distance for the week. How did I do each day?

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Now my fitness level is:

What's helping me to keep walking?



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What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Week 5

Goal: _____ total minutes or _____ total distance for the week. How did I do each day?

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Week 6

Goal: _____ total minutes or _____ total distance for the week. How did I do each day?

Sunday

Monday

Tuesday



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Wednesday

Thursday

Friday

Saturday

Ending Point Self-test Pain: _____ Fatigue: _____ Physical Limitations: _____

Now my fitness level is:

What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Did I remember to reward myself?



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Walk With Ease-Thinking About All Six Weeks

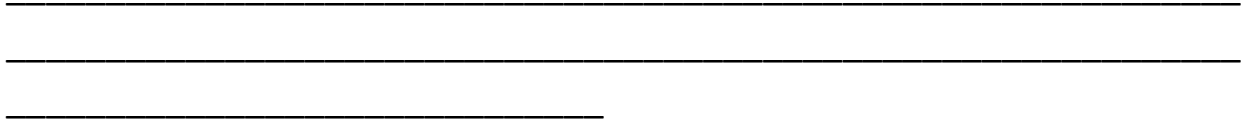
How did I do overall?

What do I want to change?

Other notes:



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Handout adapted from WWE guidebook (2020) pg 61-67 by OSU Extension