

# Walking record



Use this table to record the number of minutes you spend walking each day. If you walk twice in one day, for example for 10 minutes and then for five minutes, record it as 10+5. You can download more pages at [blf.org.uk/exercise](http://blf.org.uk/exercise)

	Date	Minutes of continuous walking
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		