



FULL ENGAGEMENT TRAINING
POWERED BY
SAN JUAN REGIONAL MEDICAL CENTER

Walking Log

Use this walking log to keep track of your weekly progress. Before you start walking for the day, place your pedometer on the waistline of your pants just above the knee. Track how many steps your pedometer counts at the end of each day. The goal is to aim for 10,000 steps a day.

Week	1	2	3	4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly Total				

Week	5	6	7	8
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly Total				

Name: _____ Phone: _____ email: _____

Step Facts

- Generally speaking you can count on 2,000 steps to equal one mile.
- An average adult should strive to get 10,000 steps per day.
- 10,000 steps should be considered five miles.
- 200 steps is about one city block.
- Nine holes of golf (*no cart but walking*) equals about 8,000 steps.
- Most people will get about 1,200 steps in about 10 minutes