

START

Where You Are

Name: _____

Department: _____

Pedometer Log

Keep Track: For the next six weeks, keep track of your daily steps, time or distance. At the end of the 6 weeks, return your walking log to Working Well, HC 004. You can also keep track of your steps online by visiting www.bsu.edu/workingwell and clicking on the **Start Where You Are Team and Registration Information** link.

Remember: The goal of the program is to increase physical activity, so don't worry about comparing with someone else. Each person sets his or her own goal.

In each box, record the your daily steps, time or distance.	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
TOTALS						

Goals

Whether your goal is to walk 30 minutes a day or to lose five pounds by the end of this walking campaign, your goal is more tangible if it's written down. By writing your goals down, you will have a constant reminder and a little extra push to achieve what you set out to do in the beginning.

Daily goal:

6-week goal:

Overall goal:



www.bsu.edu/recreation