




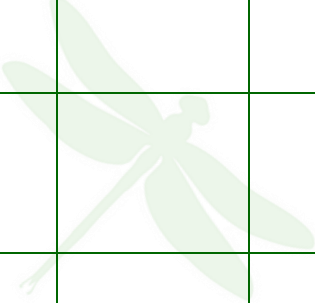
Walking Diary

Name:

Date started: Date completed:



Please use the other side of this page if you need more space to write

Week 1	No. of steps	Total time spent walking	Details of walks, i.e. location and distance	How I felt during and after the walk	What I saw and heard outdoors in nature	Details of any other journeys, i.e. bus, car share, cycle
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						


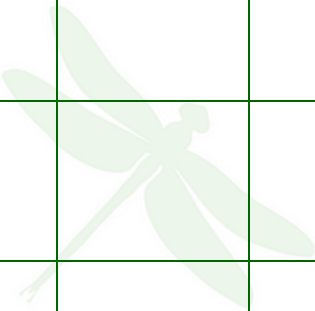

If you would like to include a note of your target for time spent walking or step count, please use the boxes to the right:

Target	Target Reached	Goal for next week
---------------	-----------------------	---------------------------

Week 2	No. of steps	Total time spent walking	Details of walks, i.e. location and distance	How I felt during and after the walk	What I saw and heard outdoors in nature	Details of any other journeys, i.e. bus, car share, cycle
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

If you would like to include a note of your target for time spent walking or step count, please use the boxes to the right:

Target	Target Reached	Goal for next week
---------------	-----------------------	---------------------------

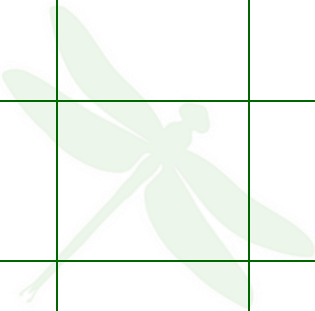
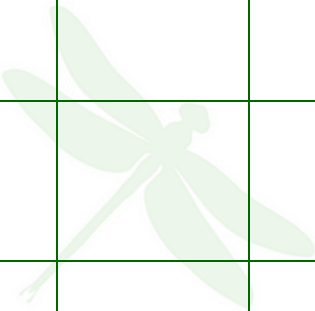
Week 3	No. of steps	Total time spent walking	Details of walks, i.e. location and distance	How I felt during and after the walk	What I saw and heard outdoors in nature	Details of any other journeys, i.e. bus, car share, cycle
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

If you would like to include a note of your target for time spent walking or step count, please use the boxes to the right:

Target

Target Reached

Goal for next week

Week 4	No. of steps	Total time spent walking	Details of walks, i.e. location and distance	How I felt during and after the walk	What I saw and heard outdoors in nature	Details of any other journeys, i.e. bus, car share, cycle
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

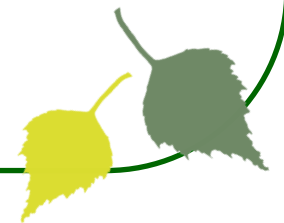
If you would like to include a note of your target for time spent walking or step count, please use the boxes to the right:

Target

Target Reached

Goal for next week

Please use this space for any notes or drawings from your walks, or for any comments about the walking diary:



Please get in touch if you would like any further information:

Isabel McLeish, Health Walk Coordinator, Think Nature Health Walks Email: isabel@highlandtsi.org.uk Mobile: 07385 380642

