

# WALKING LOG

Keep track of your daily walk in one of three ways: by distance, by the number of steps on your pedometer or by time. Once a week, add up your daily amounts for your weekly total. If you have a computer, enter your totals into the Walk Around Nevada program available at [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org).

DAY OF THE WEEK	DISTANCE	STEPS	TIME	NOTES
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				
<b>WEEKLY TOTAL</b>				

