

# June 2003 Walking Log



Name: \_\_\_\_\_

Please check one:

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Garfield      | <input type="checkbox"/> Meadowbrook |
| <input type="checkbox"/> Queen Anne    | <input type="checkbox"/> Alki        |
| <input type="checkbox"/> Loyal Heights | <input type="checkbox"/> Rainier     |

Record total # of minutes walked each day.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> # of minutes: _____	<b>2</b> # of minutes: _____	<b>3</b> # of minutes: _____	<b>4</b> # of minutes: _____	<b>5</b> # of minutes: _____	<b>6</b> # of minutes: _____	<b>7</b> # of minutes: _____
<b>8</b> # of minutes: _____	<b>9</b> # of minutes: _____	<b>10</b> # of minutes: _____	<b>11</b> # of minutes: _____	<b>12</b> # of minutes: _____	<b>13</b> # of minutes: _____	<b>14</b> # of minutes: _____
<b>15</b> # of minutes: _____	<b>16</b> # of minutes: _____	<b>17</b> # of minutes: _____	<b>18</b> # of minutes: _____	<b>19</b> # of minutes: _____	<b>20</b> # of minutes: _____	<b>21</b> # of minutes: _____
<b>22</b> # of minutes: _____	<b>23</b> # of minutes: _____	<b>24</b> # of minutes: _____	<b>25</b> # of minutes: _____	<b>26</b> # of minutes: _____	<b>27</b> # of minutes: _____	<b>28</b> # of minutes: _____
<b>29</b> # of minutes: _____	<b>30</b> # of minutes: _____					

(When you have completed this walking log, turn it in to your Volunteer Team Leader by 7/5/03)

# July 2003 Walking Log



Name: \_\_\_\_\_

Please check one:

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Garfield      | <input type="checkbox"/> Meadowbrook |
| <input type="checkbox"/> Queen Anne    | <input type="checkbox"/> Alki        |
| <input type="checkbox"/> Loyal Heights | <input type="checkbox"/> Rainier     |

Record total # of minutes walked each day.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> # of minutes: _____	<b>2</b> # of minutes: _____	<b>3</b> # of minutes: _____	<b>4</b> # of minutes: _____	<b>5</b> # of minutes: _____
<b>6</b> # of minutes: _____	<b>7</b> # of minutes: _____	<b>8</b> # of minutes: _____	<b>9</b> # of minutes: _____	<b>10</b> # of minutes: _____	<b>11</b> # of minutes: _____	<b>12</b> # of minutes: _____
<b>13</b> # of minutes: _____	<b>14</b> # of minutes: _____	<b>15</b> # of minutes: _____	<b>16</b> # of minutes: _____	<b>17</b> # of minutes: _____	<b>18</b> # of minutes: _____	<b>19</b> # of minutes: _____
<b>20</b> # of minutes: _____	<b>21</b> # of minutes: _____	<b>22</b> # of minutes: _____	<b>23</b> # of minutes: _____	<b>24</b> # of minutes: _____	<b>25</b> # of minutes: _____	<b>26</b> # of minutes: _____
<b>27</b> # of minutes: _____	<b>28</b> # of minutes: _____	<b>29</b> # of minutes: _____	<b>30</b> # of minutes: _____	<b>31</b> # of minutes: _____		

(When you have completed this walking log, turn it in to your Volunteer Team Leader by 8/5/03)

# August 2003 Walking Log



Name: \_\_\_\_\_

Please check one:

<input type="checkbox"/> Garfield	<input type="checkbox"/> Meadowbrook
<input type="checkbox"/> Queen Anne	<input type="checkbox"/> Alki
<input type="checkbox"/> Loyal Heights	<input type="checkbox"/> Rainier

Record total # of minutes walked each day.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					<b>1</b> # of min.: _____	<b>2</b> # of min.: _____
<b>3</b> # of min.: _____	<b>4</b> # of min.: _____	<b>5</b> # of min.: _____	<b>6</b> # of min.: _____	<b>7</b> # of min.: _____	<b>8</b> # of min.: _____	<b>9</b> # of min.: _____
<b>10</b> # of min.: _____	<b>11</b> # of min.: _____	<b>12</b> # of min.: _____	<b>13</b> # of min.: _____	<b>14</b> # of min.: _____	<b>15</b> # of min.: _____	<b>16</b> # of min.: _____
<b>17</b> # of min.: _____	<b>18</b> # of min.: _____	<b>19</b> # of min.: _____	<b>20</b> # of min.: _____	<b>21</b> # of min.: _____	<b>22</b> # of min.: _____	<b>23</b> # of min.: _____
<b>24</b> #: _____	<b>25</b> # of min.: _____	<b>26</b> # of min.: _____	<b>27</b> # of min.: _____	<b>28</b> # of min.: _____	<b>29</b> # of min.: _____	<b>30</b> # of min.: _____
<b>31</b> #: _____						

At the end of the month, please answer the two questions below before turning in this log.

Date questions below completed: \_\_\_\_\_

- 1) Would you say that in general, your health is:
- 2) Would you say that in general, your social life is:

- Excellent
- Very Good
- Good
- Fair
- Poor

- Excellent
- Very Good
- Good
- Fair
- Poor

(When you have completed this walking log, turn it in to your

Volunteer Team Leader by 9/5/03)