

Room Number _____

Classroom Walking Log



Classroom Walking Log

Date	Time or Steps *	Miles	Where

*Log number of steps if your class is using pedometers.

Date: Date of the walking club

Time or Steps: Number of minutes walked or steps walked

Miles: Number of miles walked (depends on how many minutes or steps your class decided equals 1 mile)

Where: Town, city, state, or country traveled through today

Adapted from:

L.W.Y. Cheung, H. Darat, S. Kalin, and S.L. Gortmaker, 2007, Eat Well & Keep Moving, 2nd ed. (Champaign, IL: Human Kinetics)