

# You can use this **LOG** to help keep you on **TRACK**

**YOUR PHYSICIAN** is encouraging you to incorporate 30 minutes of daily physical activity into your life. Walking is one of the easiest and safest ways to get more exercise. Track your steps or minutes of walking in each box or track your progress electronically through the ActNow BC Activity Challenge ([www.actnowbc.ca](http://www.actnowbc.ca)). For more information on walking contact your local recreation centre, the BC Recreation and Parks Association Active Communities Initiative ([www.activecommunities.bc.ca](http://www.activecommunities.bc.ca)), the Heart and Stroke Foundation of BC & Yukon Hearts in Motion Walking Club (1-800-473-4636), or SportMed BC [www.sportmedbc.com](http://www.sportmedbc.com). Remember, when it comes to getting active, every move is a good move!



	<b>MONDAY</b> Steps/Minutes	<b>TUESDAY</b> Steps/Minutes	<b>WEDNESDAY</b> Steps/Minutes	<b>THURSDAY</b> Steps/Minutes	<b>FRIDAY</b> Steps/Minutes	<b>SATURDAY</b> Steps/Minutes	<b>SUNDAY</b> Steps/Minutes
<b>Week 1</b>							
<b>Week 2</b>							
<b>Week 3</b>							
<b>Week 4</b>							
<b>Week 5</b>							
<b>Week 6</b>							
<b>Week 7</b>							
<b>Week 8</b>							
<b>Week 9</b>							
<b>Week 10</b>							



AN INITIATIVE OF THESE BC HEALTHY LIVING ALLIANCE MEMBERS



IN PARTNERSHIP WITH

