# *Penn Walking Program*

# Participant Tracking Log

Name:_____

Penn
Human Resources

# *Penn Walking Program*

Welcome to the Penn Walking Program. You did it! You made a decision to walk for a healthier you, so go for it. You are worth it!

Walking will reduce stress, help you maintain a healthy weight or lose weight; improve your focus, productivity and level of energy; can lower your blood pressure and strengthen your bones; help prevent heart disease and diabetes, and allow you to sleep better.

Where do you start? What should you do? Walk on a treadmill or walk around the campus, in your neighborhood, or in a mall, if the weather is bad. Wherever you choose, just track your time, or if you prefer, track your steps with a pedometer. If you have a buddy to walk with, a family member, friend, office colleague, or your dog, you will find the experience even more pleasant.

Wherever you walk, or whether you go with someone else or alone, plan to set short-term and long-term goals for yourself to stay motivated. Short-term goals help you establish a habit. To encourage short-term goal setting, we identified two 6-week milestone time periods for this walking program and achievement levels to consider (see page 3).

Long term goals can help you move beyond your current capability. This 12-week session will culminate with a check-in where you can turn in your records from both 6-week time periods and qualify for incentive gifts. Whatever your goals, remember to have fun, vary your routine, and reward yourself when you meet your goals.

## You May Want to Use the Following Achievement Levels for Each 6-Week Period:

**Weeks 1-6** **Weeks 7-12**

| **Step Tracking** | | |
|---|---|---|
| **Level 1** | **Level 2** | **Level 3** |
| 37,500 steps per week for 5 out of 6 weeks (average 7,500 steps a day, 5 days a week) | 50,000 steps per week for 5 out of 6 weeks (average 10,000 steps a day, 5 days a week) | 60,000 steps a week for 5 out of 6 weeks (average 12,000 steps a day, 5 days a week) |
| **Time Tracking** | | |
| **Level 1** | **Level 2** | **Level 3** |
| 2 hours per week for 5 out of the 6 weeks (average 24 minutes a day, 5 days a week) | 3 hours/week for 5 out of 6 weeks (average 36 minutes a day, 5 days a week) | 3.75 hours or more in a week for 5 out of 6 weeks (average 45 minutes a day, 5 days a week) |

## My Goals for the Penn Walking Program

Short-Term Goals

Long-Term Goals

Where Will I Walk

Buddies

# Notes

# Period 1 - Week #1

| Week #1 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week #1 Totals | | | | |
| | | | | |
| | | | | |

# Notes

## *Period 1 - Week # 2*

| Week #2 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week # 2 Totals | | | | |
| Week 1 Totals | | | | |
| Period 1 Totals to date | | | | |

## *Notes*

## *Period 1 - Week #3*

| Week #3 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week # 3 Totals | | | | |
| Weeks 1-2 Totals | | | | |
| Period 1 Totals to date | | | | |

## *Notes*

## *Period 1 - Week #4*

| Week #4 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week # 4 Totals | | | | |
| Weeks 1-3 Totals | | | | |
| Period 1 Totals to date | | | | |

## *Notes*

## *Period 1 - Week #5*

| Week #5 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week # 5 Totals | | | | |
| Weeks 1-4 Totals | | | | |
| Period 1 Totals to date | | | | |

## *Notes*

# Period 1 - Week #6

| Week # 6 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week # 6 Totals | | | | |
| Weeks 1-5 Totals | | | | |
| Period 1 Totals | | | | |

## Notes

# Period 2 - Week #7

| Week #7 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week # 7 Totals | | | | |
| | | | | |
| | | | | |

## Notes

## *Period 2 - Week #8*

| Week # 8 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week # 8 Totals | | | | |
| Week 7 Totals | | | | |
| Period 2 Totals to date | | | | |

## *Notes*

## *Period 2 - Week #9*

| Week # 9 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week # 9 Totals | | | | |
| Weeks 1-8 Totals | | | | |
| Period 2 Totals to date | | | | |

## *Notes*

## *Period 2 - Week #10*

| Week #10 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week # 10 Totals | | | | |
| Weeks 1-9 Totals | | | | |
| Period 2 Totals to date | | | | |

## *Notes*

## *Period 2 - Week #11*

| Week #11 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week # 11 Totals | | | | |
| Weeks 1-10 Totals | | | | |
| Period 2 Totals to date | | | | |

## *Notes*

# *Period 2 - Week #12*

| Week #12 | Date | Steps | Minutes | (Opt) Distance |
|---|---|---|---|---|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |
| Week # 12 Totals | | | | |
| 2nd Period Totals for Weeks 7-11 | | | | |
| 2nd Period Totals | | | | |

## *Notes*

## *Notes*

## *Congratulations on completing this session of the Penn Walking Program*

### Some thoughts about this experience:

How did my short-term goals work?

Did I reach my long-term goals? Why?

How did different walking locations work?

How did my routine work?

Will I do something different in the future?

What would I advise a friend about walking?

# *Penn Walking Program Session Data*

Submit a completed form at the end of the 12-week seasonal session to be eligible for incentive gifts.

**Send via intramural mail to: QOWL, 3401 Walnut St, Suite 527A/ 6228**

Name:_____

Seasonal Session: _____

Email: _____

Office Phone:_____

Office Address with Mail Code:_____

_____

| | Dates | Steps | Minutes | Distance (optional) |
|---|---|---|---|---|
| Week 1 | | | | |
| Week 2 | | | | |
| Week 3 | | | | |
| Week 4 | | | | |
| Week 5 | | | | |
| Week 6 | | | | |
| **Total for Weeks 1-6** | | | | |

| | Dates | Steps | Minutes | Distance (optional) |
|---|---|---|---|---|
| Week 7 | | | | |
| Week 8 | | | | |
| Week 9 | | | | |
| Week 10 | | | | |
| Week 11 | | | | |
| Week 12 | | | | |
| **Total for Weeks 7-12** | | | | |