



Participant Tracking Log

Name: _____

Leggin' it with Leo Walking Program

Welcome to the Leggin' it with Leo 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 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 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 more pleasant.

Wherever you walk, or whether you go with someone else or alone, plant 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 milestone 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 8-week session will culminate with a weekly submission of miles where you can qualify for Pride Points. Whatever your goals, remember to have fun, vary your routine, and reward yourself when you meet your goals.

You may want to follow these achievement levels for the next 8-week period

Level 1

37,500 steps per week for 5 out of 6 weeks (average 7,500 steps per day, 5 days a week)

Week 1-3

Level 2

50,000 steps per week for 5 out of 6 weeks (average 10,000 steps a day, 5 days a week)

Week 3-5

Level 2

60,000 steps a week for 5 out of 6 weeks (average 12,000 steps a day, 5 days a week)

Week 5-8

My Goals for the Leggin' it with Leo Walking Program

Short-term Goals

Long-term Goals

Where will I walk

Buddies

Tracking Sheet

Week	Mileage	Your Goal Mileage
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		

Notes



Congratulations on completing Leggin' it with Leo!

Some thought 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?
