

Student Classroom Walking Log

Name _____

Date	Time or Steps*	Miles	Where

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

Date: Date of the fitness walk

Time or Steps: Number of minutes walked or number of 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

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).