

# Student Home 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