

# WALKING LOG

Use this log to track your progress over the next six weeks, and apply for the Presidential active Lifestyle Award. To receive the award complete and sign your walking log. Then visit [www.presidentschallenge.org](http://www.presidentschallenge.org) or mail this sheet:

The President's Challenge • 501 N. Morton Street, Suite 203 • Bloomington, IN 47404

Date	Performance Entry (Time, Distance, Etc.)	Date	Performance Entry (Time, Distance, Etc.)
WEEK 1		WEEK 4	
Signature		Signature	
WEEK 2		WEEK 5	
Signature		Signature	
WEEK 3		WEEK 6	
Signature		Signature	

## WalkingWorks<sup>SM</sup> Pledge

*I pledge to take steps towards a healthier me and a healthier America.*

*I will make choices that include walking as an easy part of my daily routine.*

*With the help of this program, I will set and meet personalized goals and record my progress.*

*In doing so, I can decrease my risk for health problems down the road and do my part to keep health care affordable for everyone.*

Signature \_\_\_\_\_



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If you haven't already submitted your first six weeks, you can send them to:

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Date	Performance Entry (Time, Distance, Etc.)	Date	Performance Entry (Time, Distance, Etc.)
WEEK 7		WEEK 10	
Signature		Signature	
WEEK 8		WEEK 11	
Signature		Signature	
WEEK 9		WEEK 12	
Signature		Signature	

*It only takes 30 minutes of moderate-intensity physical activity, five days per week to improve and maintain your health.*

Source: World Health Organization



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