NORTH GRAND MALL

Mall Walking Log

MARY GREELEY MEDICAL CENTER
Specialized care. Personal touch.

Name: _____

Getting started:

1. Make sure you visit with your health care provider about your plans to start a walking program.
2. Begin with a light warm up - walk at a mild pace for 3-5 minutes to get the blood flowing to the exercising muscles.
3. If you are new to walking, follow up your warm up with 5-10 minutes of fitness walking.
4. You can gradually increase your time by 1-3 minutes each week, as tolerated.
5. Make sure you stay hydrated while exercising by drinking plenty of water.
6. Cool down for 3-5 minutes of slower walking followed by lower body stretches.
7. Health professionals recommend aiming for 30 minutes of moderate activity each day, however, you are wise to gradually build up to this goal.

How to use this log form:

1. For each day you walk at the mall enter the date, duration (the amount of time you walk), and laps walked.
2. Convert the laps walked into miles and record under distance.
   4 laps the entire length of the mall from the north end to the south end and back = 1 mile
   2.5 laps around the mall, including the small corridors that take you to the exits = 1 mile
3. If you want to remember how you feel from day to day on your walk jot a note in the comment section.

Date	Duration	Laps	Distance	Comment

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