

# *Walking Towards Wellness*



## Participant Tracking Log

Name: \_\_\_\_\_



Independence Blue Cross is an independent licensee of the Blue Cross Blue Shield Association



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# Walking Towards Wellness TOTAL NUMBER OF MINUTES WALKED

Week #1 total minutes	
Week #2 total minutes	
Week #3 total minutes	
Week #4 total minutes	
Week #5 total minutes	
Week #6 total minutes	
Week #7 total minutes	
Week #8 total minutes	
Week #9 total minutes	
Week #10 total minutes	
Week #11 total minutes	
Week #12 total minutes	
Total # of minutes for the program	

Name of Participant: \_\_\_\_\_

**Please detach this page and return it to your Program Coordinator at the completion of the program.**

# Get Walking, Get Moving, Get Healthy!

Welcome to the **Walking Towards Wellness** Program! You did it! You made a decision to walk towards a healthier you, so go for it! You are worth it!

Where do you start? What should you do?

Walk on a treadmill, around the neighborhood or even several laps around your office complex and get started on the road to feeling great. You can find a buddy to walk with you, a family member or a dog! Don't forget to set short-term and long-term goals for yourself to help stay motivated.

Walking will reduce stress, help you maintain a healthy weight or lose weight, improve your productivity and level of energy, help prevent heart disease and diabetes, lower blood pressure, strengthen your bones and allow you to sleep better.

So why would you not want to walk? It is easy to do, not costly and can be done anytime with anyone's schedule.

Remember to have fun, vary your routine, set goals and reward yourself for all that you accomplish!

This Tracking Log is for your record keeping. Each time you walk, please record your minutes of walking. Also, you can journal your rewards, challenges and progress. At the end of the program, please submit **completed page 14** of this Tracking Log to your Program Coordinator.

**Congratulations!** You have completed the **Walking Towards Wellness** Program. As you continue to walk towards a healthier you, here are some quotes to keep you walking—one step at a time.

- “Patience, persistence and perspiration make an unbeatable combination for success.” – Napoleon Hill
- “I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen.” – Frank Lloyd Wright
- “One way to keep momentum going is to have constantly greater goals.” – Michael Korda
- “If you focus on results, you will never change. If you focus on change, you will get results.” – Jack Dixon
- “The results you achieve will be in direct proportion to the effort you apply.” – Denis Waitley



# Goals

I'm choosing to walk because:

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## Short-term Goals

Goal #1

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Goal #2

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Goal #3

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## Long-term Goals

Goal #1

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Goal #2

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Goal #3

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# Journal Entries

Date: \_\_\_\_\_

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Date: \_\_\_\_\_

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Date: \_\_\_\_\_

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# Week #11

Week #11	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #11</b>		<b>Total Minutes</b>

# Week #12

Week #12	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #12</b>		<b>Total Minutes</b>

# Week #9

Week #9	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #9 Total Minutes</b>		

# Week #10

Week #10	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #10 Total Minutes</b>		

# Journal Entries

Date: \_\_\_\_\_

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Date: \_\_\_\_\_

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Date: \_\_\_\_\_

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# Week #7

Week #7	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #7</b>		<b>Total Minutes</b>

# Week #8

Week #8	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #8</b>		<b>Total Minutes</b>

# Week #5

Week #5	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #5 Total Minutes</b>		

# Week #6

Week #6	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #6 Total Minutes</b>		

# Journal Entries

Date: \_\_\_\_\_  
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Date: \_\_\_\_\_  
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Date: \_\_\_\_\_  
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Date: \_\_\_\_\_  
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# Week #4

Week #4	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #4</b>	<b>Total Minutes</b>	

# Week #2

Week #2	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #2</b>	<b>Total Minutes</b>	

# Week #3

Week #3	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #3</b>	<b>Total Minutes</b>	

# Week #1

Week #1	Date	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Week #1</b>	<b>Total Minutes</b>	