



WALKING Endurance Tracker



CONSISTENT STEPS. STRONGER YOU.



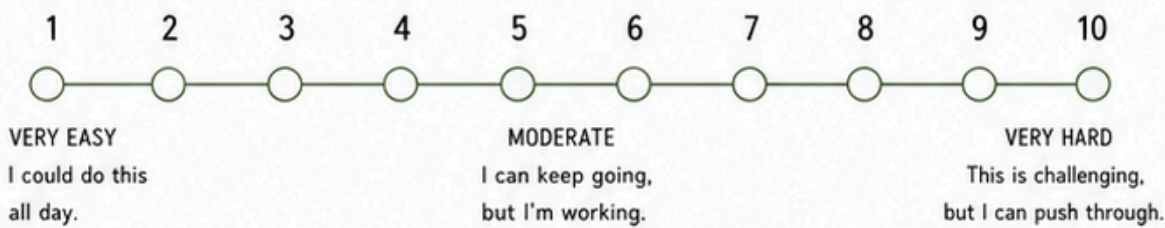
WEEK OF: _____

GOAL FOR THE WEEK: _____

DAY	TIME WALKED (Minutes)	DISTANCE (Miles or KM)	RATE OF PERCEIVED ENDURANCE (1-10 Scale)	NOTES / HOW I FELT
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				

RATE OF PERCEIVED ENDURANCE (RPE) GUIDE

How hard did your walk feel overall? Use the scale below to rate your level of endurance.



WEEKLY SUMMARY



Total Time Walked: _____

Total Distance: _____

Average RPE: _____

What I'm proud of this week:

REFLECTION

How did I feel before I started? _____

How did I feel after I finished? _____

What did I learn about myself this week? _____

KEEP SHOWING UP FOR YOU. EVERY STEP COUNTS.