

Date	Minutes	Walked
	Goal	Actual

TOTAL FOR WEEK 1

TOTAL FOR WEEK 2

TOTAL FOR WEEK 3

Date	Minutes	Walked
	Goal	Actual

TOTAL FOR WEEK 4

TOTAL FOR WEEK 5

TOTAL FOR WEEK 6

Date	Minutes	Walked
	Goal	Actual

TOTAL FOR WEEK 7

TOTAL FOR WEEK 8

TOTAL FOR WEEK 9

Date	Minutes	Walked
	Goal	Actual

TOTAL FOR WEEK 10

TOTAL FOR WEEK 11

TOTAL FOR WEEK 12

Date	Minutes	Walked
	Goal	Actual

TOTAL FOR WEEK 13

TOTAL FOR WEEK 14

TOTAL FOR WEEK 15

Date	Minutes	Walked
	Goal	Actual

TOTAL FOR WEEK 16

TOTAL FOR WEEK 17

TOTAL FOR WEEK 18

INSTRUCTIONS

- Set your own **goals** for minutes walked for each date.
- Record your **actual minutes walked** for each date.
- Record your **total actual minutes walked** for each week.

The TTL Getting Physically Fit Award

To qualify for the Take the Lake Getting Physically Fit Award, you must have recorded that you:

- Walked during at least 10 weeks.
- Walked at least 2 hours on one date in July. Date: _____
- Walked at least 3 hours on one date in mid-August. Date: _____
- Turned in your completed Log Book and started the Take the Lake Walk on Labor Day weekend.

Getting Ready for Take the Lake: A Suggested Walking Program

Week No.	Minutes per Day	Times per Week	Minutes per Week	Est. Miles per Week
1 & 2	10	4	40	1.5
3 & 4	20	4	80	2.5
5 & 6	30	4	120	4.5
7-10	30	5	150	6
11-18	30	6	180	7.5



Lake Waccamaw, NC
 Labor Day Weekend
 TakeTheLake.org



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**Getting Physically Fit
 LOG BOOK**

Name: _____

Address: _____

Phone: _____

Email: _____

Starting date: _____

Columbus County Health Department
*Walking for a healthier Columbus County –
 Everywhere, Everyday, Everybody.*