

## Instructions for Using this Walking Log

1. Start with the calendar in the center of this book. At the end of each month you will tear this page out and use the next sheet for the following month.
2. Write in the month on the appropriate line.
3. Each day record the total # of minutes you walk at a moderate intensity.
4. At the end of the week, add up the total number of days that you met the required 30-minute goal and record that number in the last column entitled "Total Days".
5. Total and write your days for the month on the Monthly Total line.
6. Tear the sheet out for the month you are reporting and fax or mail to the address listed.
7. At the end of six months stop by The Recreation Complex and pick up a new book . . . or call 902-1975 and we will mail you a new book.

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**Month:** \_\_\_\_\_ **Name** \_\_\_\_\_

S	M	T	W	Th	F	S	Total Days
Example	30 minutes	35 minutes	30 minutes		45 minutes	30 minutes	<b>5 days</b>

\*\*Remember moderate intensity means exercising for 30 minutes or more per day for five or more days of the week.

**Monthly Total** \_\_\_\_\_

Welcome to the Eat Smart Move More Walking Challenge  
 where citizens of all ages have an opportunity to walk for fun  
 and fitness ... and win prizes at the same time!

### To Join the Challenge

- Complete the registration form
- Return it to the Community Schools and Recreation Office
- Read the tips for health and safety, and you are ready to go!

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## Move More Walking Tips

- Set aside time everyday to walk, make it part of your daily routine.
- Grab a co-worker or friend and meet regularly for a group walk.
- Share quality family time by taking a walk.
- Always wear comfortable walking shoes.
- Keep comfortable walking shoes at your office or in your car.
- Keep a record of your walking to measure your progress.
- Reward yourself by setting goals and choosing healthy rewards such as new shoes or an evening with friends.

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## Walking Safety Tips (cont.)

- Wear reflective clothing when walking at night.
- Don't forget to warm-up and cool-down with a slow walk. Be sure to stretch your muscles after you walk.
- Don't assume that all road-users know about the "pedestrian has right-of-way" rule, especially at intersections.
- Don't walk the same route at the same time everyday. Randomly vary your routes and times that you walk.
- Always carry identification in case of an emergency.
- **Find these tips and more at [www.eatsmartmovemore.com](http://www.eatsmartmovemore.com)**

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# I have two doctors, my left leg and my right.- G. M. Trevelyan

To qualify for prizes, return this log to:

Pitt County Community Schools and Recreation  
4561 County Home Road  
Greenville, NC 27858  
(252) 902-1975 PHONE  
(252) 830-4243 FAX

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# “Look for health, it’s not hidden but waiting for you along the trail”.

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