

10, 000 Steps Diary

Start Date: ____/____/____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Your Information

Date	
Route	
Time/ How long	
Number of Steps	
How do you feel now you have completed the walk?	

For additional diaries please visit accessability.org.uk/downloadable-resources