

Walking Log

Hindmarsh and Fitzroy Physiotherapy Clinics

Month \_\_\_\_\_ Year \_\_\_\_\_

week Date Distance Time HR HR Walk type Route Description Comment  
h:m:s Rest

week	Date	Distance	Time h:m:s	HR	HR Rest	Walk type	Route Description	Comment
1								
2								
3								
4								
5								
Totals & Averages								