

# Walking record

Use this table to record the number of minutes you spend walking each day, or the number of steps you do. If you walk twice in one day, for example for 10 minutes and then for five minutes, record it as 10+5. You can track your amount of daily steps using a smartphone or pedometer. Download more copies of these forms at [blf.org.uk/self-help](http://blf.org.uk/self-help)

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Taken from the BLF exercise handbook. Version 5.  
 Last reviewed: March 2021 Due for review: March 2024

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