January 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	*2*	*3*
4	*5*	*6*	*7*	*8*	*9*	*10*
11	*12*	*13*	*14*	*15*	*16*	*17*
18	*19*	*20*	*21*	*22*	*23*	*24*
25	*26*	*27*	*28*			

March 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	*2*	*3*
4	*5*	*6*	*7*	*8*	*9*	*10*
11	*12*	*13*	*14*	*15*	*16*	*17*
18	*19*	*20*	*21*	*22*	*23*	*24*
25	*26*	*27*	*28*	*29*	*30*	*31*

April 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	*2*	*3*	*4*	*5*	*6*	*7*
8	*9*	*10*	*11*	*12*	*13*	*14*
15	*16*	*17*	*18*	*19*	*20*	*21*
22	*23*	*24*	*25*	*26*	*27*	*28*
29	*30*					

May 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	*2*	*3*	*4*	*5*
6	*7*	*8*	*9*	*10*	*11*	*12*
13	*14*	*15*	*16*	*17*	*18*	*19*
20	*21*	*22*	*23*	*24*	*25*	*26*
27	*28*	*29*	*30*	*31*		

June 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	*2*
3	*4*	*5*	*6*	*7*	*8*	*9*
10	*11*	*12*	*13*	*14*	*15*	*16*
17	*18*	*19*	*20*	*21*	*22*	*23*
24	*25*	*26*	*27*	*28*	*29*	*30*

July 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	*2*	*3*	*4*	*5*	*6*	*7*
8	*9*	*10*	*11*	*12*	*13*	*14*
15	*16*	*17*	*18*	*19*	*20*	*21*
22	*23*	*24*	*25*	*26*	*27*	*28*
29	*30*	*31*				

August 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	*2*	*3*	*4*
5	*6*	*7*	*8*	*9*	*10*	*11*
12	*13*	*14*	*15*	*16*	*17*	*18*
19	*20*	*21*	*22*	*23*	*24*	*25*
26	*27*	*28*	*29*	*30*	*31*	

September 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	*10*	*11*	*12*	*13*	*14*	*15*
16	*17*	*18*	*19*	*20*	*21*	*22*
23	*24*	*25*	*26*	*27*	*28*	*29*
30						

October 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	*2*	*3*	*4*	*5*	*6*
7	*8*	*9*	*10*	*11*	*12*	*13*
14	*15*	*16*	*17*	*18*	*19*	*20*
21	*22*	*23*	*24*	*25*	*26*	*27*
28	*29*	*30*	*31*			

November 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	*2*	*3*
4	*5*	*6*	*7*	*8*	*9*	*10*
11	*12*	*13*	*14*	*15*	*16*	*17*
18	*19*	*20*	*21*	*22*	*23*	*24*
25	*26*	*27*	*28*	*29*	*30*	

December 2007

Veterans Walk for Health Walking Log

Randomization ID# ___ ___ ___ ___ _2_

Report ☐ minutes walked each day
☐ step count each day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	*3*	*4*	*5*	*6*	*7*	*8*
9	*10*	*11*	*12*	*13*	*14*	*15*
16	*17*	*18*	*19*	*20*	*21*	*22*
23	*24*	*25*	*26*	*27*	*28*	*29*
30	*31*					