July 2005

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 2005

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 2005

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 2005

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 2005

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 2005

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