



## Instructions for Use:

- Date: Fill in the date for each day you record your walk.
- Duration: Record the length of your walk in minutes.
- Time of Walk: Specify whether you walked in the morning or evening.
- Distance: Note the distance walked in miles or kilometers (optional).
- Mood Before Walk: Rate your mood on a scale of 1 to 5 (1 being very poor and 5 being excellent) before the walk.
- Mood After Walk: Rate your mood on a scale of 1 to 5 after the walk.
- Sleep Quality: Rate the quality of your sleep on a scale of 1 to 5 the following morning.
- Notes: Add any additional comments or observations, such as weather conditions, how you felt, or any changes you noticed in your sleep pattern.

