



# track your progress

## Your Details

Name : .....

## Your Activity

Use this area to record how much walking you have done.

Route name	How long is the route?	When did you walk it?	How long did it take you?

## The Walking Fitness Test

If you want to take the walking fitness test you will need to use one of the special Walk4Life miles that is suitable for the test. Once you know which Walk4Life route you are going to use make sure you have a watch or stop watch with you so you can time how long you take, and take your pulse at the end of the mile.

There is advice on how to take the fitness test – ask for a copy or check on-line at [www.walk4life.info](http://www.walk4life.info)

Which fitness test route did you use?	How long did it take?	What was your pulse at the end?		Your score
		over 10 seconds	bpm	

You will need to visit the website to find out your score – record your data here and then visit [www.walk4life.info](http://www.walk4life.info) and sign up. You can ask someone to help you do this if you want.