



# How much do I walk already?

**You might already be walking more than you realise. Think about how much brisk walking you did each day over the last week.**

Try to remember what you did at different times of the day – morning, lunchtime, afternoon and evening – and how long you spent walking each time.

Use the diary opposite to write down any times you were walking for ten minutes or more.



With our online calculator, you can find out how many calories you've burned being active. Go to [bhf.org.uk/calories](http://bhf.org.uk/calories) to find out more.



Day	Brisk walking	Minutes spent brisk walking	Total minutes spent brisk walking
Example	1. WALKED KIDS TO SCHOOL 2. WALKED TO SHOP 3. WALKED FROM SHOP	= 16 = 11 = 11	<u>38</u>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Weekly total			