


# Walking log

Please read our staying safe when exercising guide on our website [www.knowdiabetes.org.uk](http://www.knowdiabetes.org.uk)

If you have a heart condition it is important that you check with your doctor before doing any new exercises, in case they are not suitable for you. You should always remember to warm up and cool down before and after exercising to avoid injury to your muscles.

1. Watch how to check your pulse on the British Heart Foundation website: [www.bhf.org.uk/informationsupport/tests/checking-your-pulse](http://www.bhf.org.uk/informationsupport/tests/checking-your-pulse)
2. Amazon have a wide range of heart rate HR monitors that help you track heart rate and steps: [www.amazon.co.uk/heart-rate-monitors/b?ie=UTF8&node=671752011](http://www.amazon.co.uk/heart-rate-monitors/b?ie=UTF8&node=671752011)  
The active 10 app can help you track this: [www.knowdiabetes.org.uk/for-you/apps/](http://www.knowdiabetes.org.uk/for-you/apps/)

## Next steps

1. Download 
2. Print
3. Fill in

Week	Day	Distance ml or km	Time hrs:mins	HR before	HR after	Route, description, comments
1	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
2	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
3	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
4	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					
	Sunday					
<b>Totals and averages</b>						