



## Walking My Neighborhood Handout: A Month of Walks

Use the chart below to log all of the walks you take this month. For each walk, record the following information:

- Name of destination
- Distance walked (in miles)
- Minutes walked
- Calories burned (see equation on the back of the handout)

Name of . Destination	Distance Walked	Mínutes Walked	Caloríes Burned
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Name of	Distance	Minutes	Calories
Destination	Walked	Walked	Burned
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To estimate calories burned, use the following equation:

Activity Calories\* x Weight (in pounds) x Minutes = Total Calories Burned

## Example:

.036 calories x 140 pounds x 30 minutes = 151.2 calories

## \*Calories by Activity

- Walking, normal pace on flat surface: .036 calories per pound per minute
- Walking, climbing hills: .055 calories per pound per minute
- Running, slow jog: .087 calories per pound per minute
- Running, medium pace: .115 calories per pound per minute