



# EAT (Exercise Activity Thermogenesis) Walking Program Daily Tracking Sheet

To keep track of your progress, use the EAT Walking Program Daily Tracking Sheet. Just enter your daily minutes, steps, miles, and calories burned in the appropriate boxes.

| DAY    | WARM-UP | TIME | COOL-DOWN | STEPS | MILES* | CALORIES |
|--------|---------|------|-----------|-------|--------|----------|
| DAY 1  |         |      |           |       |        |          |
| DAY 2  |         |      |           |       |        |          |
| DAY 3  |         |      |           |       |        |          |
| DAY 4  |         |      |           |       |        |          |
| DAY 5  |         |      |           |       |        |          |
| DAY 6  |         |      |           |       |        |          |
| DAY 7  |         |      |           |       |        |          |
| DAY 8  |         |      |           |       |        |          |
| DAY 9  |         |      |           |       |        |          |
| DAY 10 |         |      |           |       |        |          |
| DAY 11 |         |      |           |       |        |          |
| DAY 12 |         |      |           |       |        |          |
| DAY 13 |         |      |           |       |        |          |
| DAY 14 |         |      |           |       |        |          |

## Rate of Perceived Exertion

| BORG SCALE | RPE              |
|------------|------------------|
| 0          | NOTHING AT ALL   |
| 0.5        | VERY, VERY LIGHT |
| 1          | VERY LIGHT       |
| 2          | LIGHT            |
| 3          | MODERATE         |
| 4          | SOMEWHAT HARD    |
| 5-6        | HARD             |
| 7-8        | VERY HARD        |
| 9          | VERY, VERY HARD  |
| 10         | MAXIMUM EXERTION |

\*1 mile = 2,000 steps