

Walking Diary



Walking Diary Instructions:

The aim of the walking diary is to get you walking or wheeling every day in February! This is open to everyone. Whether you live, work or study in Fife – we want as many Fifers as possible to take part.

Benefits of walking

Everyday walking and physical activity bring a range of physical, mental and social health benefits. Active people live longer, happier and healthier lives.

Walking is a great way to keep active because almost everyone can do it – no matter your age, income, gender or ability. It is free, and no special equipment is needed so it is an easy and accessible way to build in physical activity as part of your everyday life.

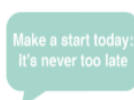
The Walking Diary

This February, we're encouraging everyone to get moving! Set your own walking goal and challenge yourself to increase your distance each week. Whether you're walking or wheeling, track your progress with our Walking Diary throughout the month.

At the end of four weeks, we'll reach out to gather your feedback and ask you to share your total distance or steps. We'd love to hear how you got on!

The diary includes space for eight weeks, so if you want to keep going into March, feel free to continue tracking your steps.

You can take part wherever you live or work in Fife, just complete the diary by walking or wheeling in your local community.



Walking Diary



Individual challenge

If you already get out walking and wheeling regularly, why not challenge yourself and increase your goal each week.

You might want to set your own daily goal or aim to walk or wheel 1 mile every day. It's up to you, walk or wheel as little or as much as you like, just keep track of your daily total and see how far you get over the month.

Team challenge

How about turning it into a fun competition with family, friends, or colleagues? Get outdoors, enjoy walking together, and see who can log the most distance by the end of the month!

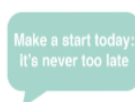
How to take part

To take part in the challenge please sign up on the form below [Walking Diary Registration](#)

Once you're signed up just get out walking or wheeling every day.

This can be around your local park, to and from work or the shops, during your lunch break at work, school or college or included as part of a group's regular activities.

If you drive for short journey's why not try walking or wheeling instead to help reach your goal. If you travel by public transport why not consider getting off a stop earlier or if you're driving, park further away and walk the remaining distance.



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If you would like to find out more about Active Travel, please click on the below links

[Travel Fife](#)

[Paths for All- Active Travel](#)

Track your progress

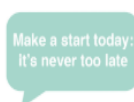
To help you track your progress, we've created a diary for you to record your daily steps or miles. This will allow you to easily compare your totals from week to week. Don't worry if some days you're able to do more than others – that's completely normal. Just aim to get out everyday.

You can download and print the walking Diary on [Active Fife Walking](#) or request one to be sent out to you when you register.

Track your steps using a pedometer, activity tracker, watch or mobile phone app and record your distance every day. We have calculated some step conversions for anyone using other modes to achieve their miles, including wheeling, jogging and cycling. Use the **Walking and Wheeling Challenge Step Convertor** to work out the equivalent step count for your distance travelled.

If you don't have a device to record your steps you can use the **Walking and Wheeling Challenge Step Convertor**. We also have a limited number of pedometers available, to request one email bumsoffseats.project@fife.gov.uk

Looking for motivation



Walking Diary



If you would like some support to complete the challenge, why not join one of our Bums Off Seats health walks. We have a range of free led walks taking place across Fife where everyone is welcome. Find out more on our website [Walking | Active Fife - leisure hub](#)

Please also visit [Fife Coast and Countryside Trust](#) to discover more walking routes and great locations to walk, wheel and visit across Fife.

Good luck,
Active Fife

Active Fife Walking and Wheeling Challenge Step Convertor

Use these calculations to work out your distance travelled if you

- don't have a device to measure steps
- You use a different mode of travel to take part in the challenge

On average

- It takes 10 minutes to walk 1000 steps
- 1000 steps is equal to $\frac{1}{2}$ mile

A quick way to convert your steps or time walked into miles

1000 steps = 10 minutes of walking = $\frac{1}{2}$ mile

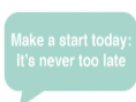
1500 steps = 15 minutes of walking = $\frac{3}{4}$ mile

2000 steps = 20 minutes of walking = **1 mile**

4000 steps = 40 minutes of walking = **2 miles**

6000 steps = 1 hour of walking = **3 miles**

8300 steps = 1 hour and 23 minutes of walking = **4.15 miles**



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Other ways to achieve your miles

Wheeling one mile = 2000 steps = **1 mile**

Pushing a wheelchair for 10 minutes = 1500 steps = $\frac{3}{4}$ **mile**

Walking with a walking frame for 10 minutes = 1500 steps = $\frac{3}{4}$ **mile**

Biking for 3 miles = 2000 steps = **1 mile**

Jogging/running for 1 mile = 4000 steps = **2 miles**

Every minute counts

Make a start today:
it's never too late

Some is good,
more is better



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