

Keep this tracking form handy and record your progress daily.

Walk Circles Around Your Scale Personal Tracking Record

Track your mileage on the chart **Walk Circles Around Your Scale** for two months.

- Each foot represents 15 minutes or 1 mile of walking.
- Color each 1 mile or 15 minute foot segment as you progress (use colored pencils or markers to add some "pizzazz" to your chart).
- Start your trip around the scale at the top of the outside circle for the first month.
- In order to circle the scale one time in a month, you need to average 12-15 miles a week.
- Plot your progress on a daily basis.
- Color the feet on the inside circle for your second trip.

