

Walking and Endurance Tracker

A simple weekly tracker for walking time, stamina, confidence, and daily energy after 60.

Use this tracker once each week to notice how walking and endurance feel in daily life. The goal is not to measure yourself perfectly - it is to spot patterns and choose what to work on next.

Walking pace, steadiness, confidence	Endurance stamina for walks and errands	Recovery how quickly you settle after activity	Notes what felt easier or harder this week
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Weekly Tracker

Week of	Walking Time	Walking Felt	Endurance Felt	Confidence	Notes

Helpful note examples

- "Walked 8 minutes and felt steady."
- "Needed more rest after errands."
- "Energy felt better on short walks this week."

Keep it simple

A short note is enough. You are looking for patterns, not perfect measurements.

Weekly Reflection and Next Steps

Use this page after filling out the tracker. A few short notes can make walking and endurance progress easier to see over time.

This Week at a Glance

Which day felt best for walking this week?	
What felt easier than last week?	
What still feels tiring or effortful?	
What seems to help your endurance most?	

Next Week Focus

My main walking goal will be: <hr/> <hr/>	I will keep it manageable by: <hr/> <hr/>
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Simple Confidence Check

Area	1	2	3	4	5
Walking	■	■	■	■	■
Endurance	■	■	■	■	■
Recovery after activity	■	■	■	■	■
Confidence leaving the house	■	■	■	■	■

1 = very low confidence | 5 = more comfortable and capable this week

Important reminder: This tracker is for general educational use only and is not medical advice. If you notice chest pain, severe dizziness, recent falls, major balance problems, marked weakness, or anything that feels clearly unsafe, talk with a doctor or physical therapist.