

Walking Pace Pattern Check-In

When does your usual walking pace change? Use this worksheet to compare familiar walks and notice what seems to slow your normal comfortable pace.

Use this as an observation tool, not a speed challenge. Walk at your normal comfortable pace and compare similar routes over time. Stop and seek appropriate medical advice for chest pain, marked shortness of breath, dizziness, fainting, or a major new change in walking ability.

Familiar walk	Comfortable at start?	Slow later?	What changed my pace?	Recovery afterward	Different from before?
Mailbox / hallway					
Store / parking lot					
Neighborhood walk					
Errand / appointment					
Other: _____					

What seems to slow me most? ☐ Fatigue ☐ Uneven ground ☐ Pain or stiffness ☐ Carrying something ☐ Balance confidence ☐ Crowds / distractions ☐ Hills ☐ Other: _____

My pace feels most comfortable:

The situation where I notice slowing most:

Helpful reminder: The goal is not to walk faster than usual. What matters most is noticing when, where, and why your normal walking pace changes.

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