



“Walking the Way to Health”

Walk Register

Date of Walk:

Start Time:

Walk Leader:

Back-up Leader:

Location of Walk:

Walkers Names	Change to Health? **	Walkers Names	Change to Health? **
1.		15.	
2.		16.	
3.		17.	
4.		18.	
5.		19.	
6.		20.	
7.		21.	
8.		22.	
9.		23.	
10.		24.	
11.		25.	
12.		26.	
13.		27.	
14.		28.	

Weather conditions:
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General Comments:
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** If there is any change to a walker’s health since last completed questionnaire please ensure that a new one is completed highlighting the change. This is **essential** to maintain insurance cover.