



# Health Walk Register

Date: \_\_\_\_\_

Name of scheme: \_\_\_\_\_

Time: \_\_\_\_\_

Name of walk  
and location: \_\_\_\_\_

Leader: \_\_\_\_\_

Walk duration  
(average): \_\_\_\_\_

Please PRINT details below

	First Name	Surname	New Walker? (Y/N)	Has the walker's health changed? (If yes, they should complete a new Outdoor Health Questionnaire)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Weather conditions:

\_\_\_\_\_

General comments:

\_\_\_\_\_

\_\_\_\_\_



Supporting you to  
get active and stay active