

Walking Log

Week of: _____

	Rescue Inhaler?	Oxygen l/m	O2 sat. %	O2 sat. %	rests	Total time	Thoughts...
example	√	3 l/m	95%	93%	2	25	short of breath mid -way but slowed down and used PLB
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							