

Weekly Walking Log

- Record your daily steps on this Weekly Walking Log. Use the step conversion chart on the additional enclosed pamphlet to record your other activities as steps. Add this to your weekly total.

WEEK	1	2	3	4
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				
TOTAL				

Goals: _____



Walking lets you have fun and improve your health at the same time!



Look inside for maps of walking routes around City Hall and Downtown Area.

City of Robbinsdale Walking Routes

Trip from City Hall around Sanborn Park (1.4 miles)

Starting from Robbinsdale City Hall parking lot, head toward Lake Road (you will be heading toward the church.) Take a right on Lake Road Avenue-south to Shoreline Drive. Take a left (east) on Shoreline Drive. At Sanborn Park, take the path on the far side of the park. When the path ends, take a left on 43rd Avenue N. Proceed until you reach Lake Road Avenue. At Lake Road Avenue, take a left to return to city hall.

Triangle Trek (1 mile)

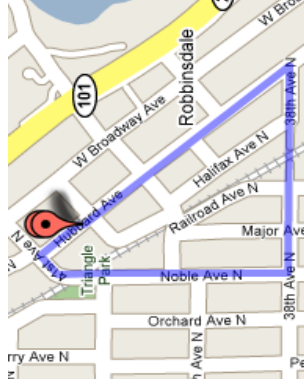
Start at Triangle Park (40th & Noble), Go north on Noble, after crossing the railroad track, turn right on Hubbard Avenue stroll past Sacred Heart School toward 38th Avenue and take a right. Take 38th Avenue to Noble Avenue and take another right. Continue on Noble Avenue back to Triangle Park.

Broadway Stroll (1 mile)

From the front door of city hall, go to the path east towards Lake Road. Take a right on Lake Road Avenue. Take a right on Shoreline Drive to cross County Road 81 and reach W. Broadway Avenue. Take a right on Broadway and begin strolling down W. Broadway Avenue until you reach 42nd Avenue. Take a right and cross back over Highway 81. Take the next right on Lakeview Avenue to return to City Hall.

Stroll around Crystal Lake (1.75 miles)

Start at the Hollingsworth Park Flagpole, follow yellow Step To It signs as walk east along path, follow path as it crosses Shoreline, continue east on Shoreline to Abbott Avenue. Cross Shoreline and continue south on Abbott to 38th Avenue, go west on 38th and continue on path through the park along the lake. After boat launch area, follow path around lake north, using paths and frontage road as you stroll north back to Shoreline Drive. Head east along paths back to the flagpole.



Did you know? Tracking and maintaining a healthy habit such as walking for at least four weeks helps make it a lifetime habit.