

WALKING LOG

Resident's Name: _____

Instructions to CNA:

- Ask resident to walk with you (e.g., “Good morning, Mrs. Anderson, would you like to walk today?” “It’s time for our walk today, Mr. Jones.” “Please join me in a walk, Mrs. Sanchez.”).
- If the resident refuses, politely ask why or for an explanation (e.g., “Is there a reason you don’t want to walk today, Mrs. Anderson?”).
- If there is no physical reason for the refusal (e.g., resident is not ill or in pain), then again, ask him or her to walk with you (e.g., “Please, I’d enjoy it if you’d walk with me, Mrs. Anderson”).

Record results here:

Date	Resident agreed to walk? (circle one)	If no, why not? <small>I=illness; P=pain; N=not in the mood; O=other reason</small>	If yes, time started?	Time Ended?	Total Minutes Walked*	CNA initials and comments <small>(e.g., had to stop twice; complained of pain; walked to dining room and back, etc.)</small>
	Yes No					
	Yes No					
	Yes No					
	Yes No					
	Yes No					
	Yes No					
	Yes No					
	Yes No					
	Yes No					
	Yes No					

* If the “total minutes walked” declines two days in a row, ask a nurse to assess the resident.