



## Memory Walk Log

### Walk Information

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

Minutes Walked: \_\_\_\_\_

Route Taken: \_\_\_\_\_

### Verbal Tasks Practiced

- ☐ Naming people you know (e.g., family, friends)
- ☐ Grocery list recall (items from your last shopping trip)
- ☐ Naming colors or flowers seen on your walk
- ☐ Reciting cities or places you've visited
- ☐ Storytelling from memory (a trip, childhood memory, etc.)
- ☐ Alphabet game (e.g., names or animals starting with A, B, C...)

### Mood Before

- ☐ Calm
- ☐ Focused
- ☐ Happy
- ☐ Energized
- ☐ Tired
- ☐ Distracted
- ☐ Anxious
- ☐ Other: \_\_\_\_\_

### Mood After

- ☐ Calm
- ☐ Focused
- ☐ Happy
- ☐ Energized
- ☐ Tired
- ☐ Distracted
- ☐ Anxious
- ☐ Other: \_\_\_\_\_

### Notes or Reflections

