

# Tower Grove Park



East Loop- 2.02 miles

West Loop- 1.32 miles

East and West Loops- 2.99 miles

**East Loop** includes: North Closed Road, South Closed Road and Center Cross Dr. from the South Closed Road back up to the North Closed Road.

**West Loop** includes: Northwest Drive, Southwest Drive and Center Cross Dr. from Southwest Drive back up to Northwest Drive.

**The East and West Loops** together include: North Closed Road, South Closed Road, Southwest Drive and Northwest Drive.

<http://stlouis.missouri.org/parks/tower-grove/Welcome/map.htm>



*If you haven't joined SLACO's Walk With Your Neighbors program yet, contact Emily at (314) 533-9104 x 205 or [emlandrews@hotmail.com](mailto:emlandrews@hotmail.com). Walkers will receive a free pedometer and incentives along the way!*

# Active Lifestyle and Walking Log

Name \_\_\_\_\_

Use this log to write down your activity each day. You may record the number of minutes you performed a specific activity, the number of steps you take during a neighborhood walk, or the number of steps you take in a day when wearing your pedometer. Do what is easiest for you!! When you complete the log, please turn it in to your neighborhood walk captain or mail in to SLACO at 3325 Olive, St. Louis, MO 63103. Questions? Call 533-9104.

| Week of:  | Activities | Minutes<br>or | Pedometer<br>Steps |
|-----------|------------|---------------|--------------------|
| Monday    |            |               |                    |
| Tuesday   |            |               |                    |
| Wednesday |            |               |                    |
| Thursday  |            |               |                    |
| Friday    |            |               |                    |
| Saturday  |            |               |                    |
| Sunday    |            |               |                    |

| Week of:  | Activities | Minutes<br>or | Pedometer<br>Steps |
|-----------|------------|---------------|--------------------|
| Monday    |            |               |                    |
| Tuesday   |            |               |                    |
| Wednesday |            |               |                    |
| Thursday  |            |               |                    |
| Friday    |            |               |                    |
| Saturday  |            |               |                    |
| Sunday    |            |               |                    |

| Week of:  | Activities | Minutes<br>or | Pedometer<br>Steps |
|-----------|------------|---------------|--------------------|
| Monday    |            |               |                    |
| Tuesday   |            |               |                    |
| Wednesday |            |               |                    |
| Thursday  |            |               |                    |
| Friday    |            |               |                    |
| Saturday  |            |               |                    |
| Sunday    |            |               |                    |

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|-----------|------------|---------------|--------------------|
| Monday    |            |               |                    |
| Tuesday   |            |               |                    |
| Wednesday |            |               |                    |
| Thursday  |            |               |                    |
| Friday    |            |               |                    |
| Saturday  |            |               |                    |
| Sunday    |            |               |                    |