

The Seoul Walking Protocol Log

8-Week Complete Movement Tracker | Structured Walks + Total Daily Steps | seoulstyleedit.com

Korean women don't separate movement into "workouts" and "the rest of the day." Total daily step count is the longevity metric. The three timed walks build structure and habit. Everything else — stairs, walking to appointments, moving through your home and neighbourhood — accumulates into the daily total that research consistently links to cardiovascular health, cognitive protection, metabolic regulation, and independence in later life.

DAILY STEP TARGETS BY AGE — WHAT THE RESEARCH SAYS

AGE GROUP	MINIMUM TARGET	OPTIMAL TARGET	LONGEVITY BENEFIT
40–49	7,000 steps	9,000–10,000 steps	Cardiovascular + metabolic baseline
50–59	7,000 steps	8,000–9,000 steps	Cognitive protection + bone density
60–69	6,000 steps	7,000–8,000 steps	Frailty prevention + independence
70+	5,000 steps	6,000–7,000 steps	Fall prevention + circulation

Source: Findings consistent with meta-analyses in JAMA Internal Medicine (2021) and Lancet Public Health (2022). Targets are general guidance — discuss personal goals with your healthcare provider.

THE THREE TIMED WALKS — WHY TIMING MATTERS

MORNING 20 min <i>Before breakfast</i>	Activates fasted-state fat metabolism. Sets circadian rhythm. Reduces morning cortisol spike. Contributes approx. 2,000–2,500 steps.
MIDDAY 10 min <i>After lunch</i>	Blunts post-meal blood sugar rise. Restores afternoon cognitive clarity. Contributes approx. 1,000–1,200 steps.
EVENING 20 min <i>After dinner</i>	Improves post-meal glucose regulation. Signals Eum transition. Supports sleep onset. Contributes approx. 2,000–2,500 steps.

The three structured walks contribute approximately 5,000–6,200 steps. Your remaining daily movement — stairs, household activity, incidental walking — closes the gap to your personal step target. Track it all.

Name: _____	Start Date: _____	My daily step target: _____ steps
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WEEK 1 — DAILY MOVEMENT LOG

Dates: ____ / ____ - ____ / ____

STRUCTURED WALKS	MON	TUE	WED	THU	FRI	SAT	SUN	STEP TOTAL
MORNING 20 min AM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min
MIDDAY 10 min PM ~1,000–1,200 steps	☐	☐	☐	☐	☐	☐	☐	____ min
EVENING 20 min PM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min

TOTAL DAILY STEPS	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
Steps from structured walks	_____	_____	_____	_____	_____	_____	_____	~5,000–6,200 from 3 walks
Steps from other movement	_____	_____	_____	_____	_____	_____	_____	stairs · errands household · etc.
TOTAL STEPS for the day	_____	_____	_____	_____	_____	_____	_____	Write your daily total
Target met? (Y / N)	_____	_____	_____	_____	_____	_____	_____	vs. your personal goal

MOVEMENT QUALITY	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
Incline or stairs today?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	adds intensity + bone loading
At least one social walk?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y = longevity benefit amplified

WEEKLY SUMMARY

Total structured walks completed	____ / 21 (3 walks × 7 days)
Days I met my personal step target	____ / 7
Total steps this week	_____ steps
Average daily steps this week	_____ steps/day (total ÷ 7)
Days with incline or stairs	____ / 7
Days with at least one social walk	____ / 7
Energy level this week (1–10)	____
Sleep quality this week (1–10)	____

Notes / what I noticed:

WEEK 2 — DAILY MOVEMENT LOG

Dates: ____ / ____ - ____ / ____

STRUCTURED WALKS	MON	TUE	WED	THU	FRI	SAT	SUN	STEP TOTAL
MORNING 20 min AM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min
MIDDAY 10 min PM ~1,000–1,200 steps	☐	☐	☐	☐	☐	☐	☐	____ min
EVENING 20 min PM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min

TOTAL DAILY STEPS	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
Steps from structured walks	_____	_____	_____	_____	_____	_____	_____	~5,000–6,200 from 3 walks
Steps from other movement	_____	_____	_____	_____	_____	_____	_____	stairs · errands household · etc.
TOTAL STEPS for the day	_____	_____	_____	_____	_____	_____	_____	Write your daily total
Target met? (Y / N)	_____	_____	_____	_____	_____	_____	_____	vs. your personal goal

MOVEMENT QUALITY	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
Incline or stairs today?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	adds intensity + bone loading
At least one social walk?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y = longevity benefit amplified

WEEKLY SUMMARY

Total structured walks completed	____ / 21 (3 walks × 7 days)
Days I met my personal step target	____ / 7
Total steps this week	_____ steps
Average daily steps this week	_____ steps/day (total ÷ 7)
Days with incline or stairs	____ / 7
Days with at least one social walk	____ / 7
Energy level this week (1–10)	____
Sleep quality this week (1–10)	____

Notes / what I noticed:

WEEK 3 — DAILY MOVEMENT LOG

Dates: ____ / ____ – ____ / ____

STRUCTURED WALKS	MON	TUE	WED	THU	FRI	SAT	SUN	STEP TOTAL
MORNING 20 min AM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min
MIDDAY 10 min PM ~1,000–1,200 steps	☐	☐	☐	☐	☐	☐	☐	____ min
EVENING 20 min PM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min

TOTAL DAILY STEPS	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
Steps from structured walks	_____	_____	_____	_____	_____	_____	_____	~5,000–6,200 from 3 walks
Steps from other movement	_____	_____	_____	_____	_____	_____	_____	stairs · errands household · etc.
TOTAL STEPS for the day	_____	_____	_____	_____	_____	_____	_____	Write your daily total
Target met? (Y / N)	_____	_____	_____	_____	_____	_____	_____	vs. your personal goal

MOVEMENT QUALITY	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
Incline or stairs today?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	adds intensity + bone loading
At least one social walk?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y = longevity benefit amplified

WEEKLY SUMMARY

Total structured walks completed	____ / 21 (3 walks × 7 days)
Days I met my personal step target	____ / 7
Total steps this week	_____ steps
Average daily steps this week	_____ steps/day (total ÷ 7)
Days with incline or stairs	____ / 7
Days with at least one social walk	____ / 7
Energy level this week (1–10)	____
Sleep quality this week (1–10)	____

Notes / what I noticed:

WEEK 4 — DAILY MOVEMENT LOG

Dates: ____ / ____ – ____ / ____

STRUCTURED WALKS	MON	TUE	WED	THU	FRI	SAT	SUN	STEP TOTAL
MORNING 20 min AM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min
MIDDAY 10 min PM ~1,000–1,200 steps	☐	☐	☐	☐	☐	☐	☐	____ min
EVENING 20 min PM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min

TOTAL DAILY STEPS	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
Steps from structured walks	_____	_____	_____	_____	_____	_____	_____	~5,000–6,200 from 3 walks
Steps from other movement	_____	_____	_____	_____	_____	_____	_____	stairs · errands household · etc.
TOTAL STEPS for the day	_____	_____	_____	_____	_____	_____	_____	Write your daily total
Target met? (Y / N)	_____	_____	_____	_____	_____	_____	_____	vs. your personal goal

MOVEMENT QUALITY	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
Incline or stairs today?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	adds intensity + bone loading
At least one social walk?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y = longevity benefit amplified

WEEKLY SUMMARY

Total structured walks completed	____ / 21 (3 walks × 7 days)
Days I met my personal step target	____ / 7
Total steps this week	_____ steps
Average daily steps this week	_____ steps/day (total ÷ 7)
Days with incline or stairs	____ / 7
Days with at least one social walk	____ / 7
Energy level this week (1–10)	____
Sleep quality this week (1–10)	____

Notes / what I noticed:

Midpoint check. After four weeks your structured walks should feel like infrastructure. Check your step totals — are the three walks giving you 5,000+ steps consistently? If your total daily count is still below target, look for two or three daily habits you can convert to walking: a phone call taken as a walk, stairs instead of the lift, parking further away. These compound.

WEEK 5 — DAILY MOVEMENT LOG

Dates: ____ / ____ - ____ / ____

STRUCTURED WALKS	MON	TUE	WED	THU	FRI	SAT	SUN	STEP TOTAL
MORNING 20 min AM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min
MIDDAY 10 min PM ~1,000–1,200 steps	☐	☐	☐	☐	☐	☐	☐	____ min
EVENING 20 min PM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min

TOTAL DAILY STEPS	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
Steps from structured walks	_____	_____	_____	_____	_____	_____	_____	~5,000–6,200 from 3 walks
Steps from other movement	_____	_____	_____	_____	_____	_____	_____	stairs · errands household · etc.
TOTAL STEPS for the day	_____	_____	_____	_____	_____	_____	_____	Write your daily total
Target met? (Y / N)	_____	_____	_____	_____	_____	_____	_____	vs. your personal goal

MOVEMENT QUALITY	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
Incline or stairs today?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	adds intensity + bone loading
At least one social walk?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y = longevity benefit amplified

WEEKLY SUMMARY

Total structured walks completed	____ / 21 (3 walks × 7 days)
Days I met my personal step target	____ / 7
Total steps this week	_____ steps
Average daily steps this week	_____ steps/day (total ÷ 7)
Days with incline or stairs	____ / 7
Days with at least one social walk	____ / 7
Energy level this week (1–10)	____
Sleep quality this week (1–10)	____

Notes / what I noticed:

WEEK 6 — DAILY MOVEMENT LOG

Dates: ____ / ____ - ____ / ____

STRUCTURED WALKS	MON	TUE	WED	THU	FRI	SAT	SUN	STEP TOTAL
MORNING 20 min AM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min
MIDDAY 10 min PM ~1,000–1,200 steps	☐	☐	☐	☐	☐	☐	☐	____ min
EVENING 20 min PM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min

TOTAL DAILY STEPS	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
Steps from structured walks	_____	_____	_____	_____	_____	_____	_____	~5,000–6,200 from 3 walks
Steps from other movement	_____	_____	_____	_____	_____	_____	_____	stairs · errands household · etc.
TOTAL STEPS for the day	_____	_____	_____	_____	_____	_____	_____	Write your daily total
Target met? (Y / N)	_____	_____	_____	_____	_____	_____	_____	vs. your personal goal

MOVEMENT QUALITY	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
Incline or stairs today?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	adds intensity + bone loading
At least one social walk?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y = longevity benefit amplified

WEEKLY SUMMARY

Total structured walks completed	____ / 21 (3 walks × 7 days)
Days I met my personal step target	____ / 7
Total steps this week	_____ steps
Average daily steps this week	_____ steps/day (total ÷ 7)
Days with incline or stairs	____ / 7
Days with at least one social walk	____ / 7
Energy level this week (1–10)	____
Sleep quality this week (1–10)	____

Notes / what I noticed:

WEEK 7 — DAILY MOVEMENT LOG

Dates: ____ / ____ - ____ / ____

STRUCTURED WALKS	MON	TUE	WED	THU	FRI	SAT	SUN	STEP TOTAL
MORNING 20 min AM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min
MIDDAY 10 min PM ~1,000–1,200 steps	☐	☐	☐	☐	☐	☐	☐	____ min
EVENING 20 min PM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min

TOTAL DAILY STEPS	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
Steps from structured walks	_____	_____	_____	_____	_____	_____	_____	~5,000–6,200 from 3 walks
Steps from other movement	_____	_____	_____	_____	_____	_____	_____	stairs · errands household · etc.
TOTAL STEPS for the day	_____	_____	_____	_____	_____	_____	_____	Write your daily total
Target met? (Y / N)	_____	_____	_____	_____	_____	_____	_____	vs. your personal goal

MOVEMENT QUALITY	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
Incline or stairs today?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	adds intensity + bone loading
At least one social walk?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y = longevity benefit amplified

WEEKLY SUMMARY

Total structured walks completed	____ / 21 (3 walks × 7 days)
Days I met my personal step target	____ / 7
Total steps this week	_____ steps
Average daily steps this week	_____ steps/day (total ÷ 7)
Days with incline or stairs	____ / 7
Days with at least one social walk	____ / 7
Energy level this week (1–10)	____
Sleep quality this week (1–10)	____

Notes / what I noticed:

WEEK 8 — DAILY MOVEMENT LOG

Dates: ____ / ____ - ____ / ____

STRUCTURED WALKS	MON	TUE	WED	THU	FRI	SAT	SUN	STEP TOTAL
MORNING 20 min AM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min
MIDDAY 10 min PM ~1,000–1,200 steps	☐	☐	☐	☐	☐	☐	☐	____ min
EVENING 20 min PM ~2,000–2,500 steps	☐	☐	☐	☐	☐	☐	☐	____ min

TOTAL DAILY STEPS	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
Steps from structured walks	_____	_____	_____	_____	_____	_____	_____	~5,000–6,200 from 3 walks
Steps from other movement	_____	_____	_____	_____	_____	_____	_____	stairs · errands household · etc.
TOTAL STEPS for the day	_____	_____	_____	_____	_____	_____	_____	Write your daily total
Target met? (Y / N)	_____	_____	_____	_____	_____	_____	_____	vs. your personal goal

MOVEMENT QUALITY	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
Incline or stairs today?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	adds intensity + bone loading
At least one social walk?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y = longevity benefit amplified

WEEKLY SUMMARY

Total structured walks completed	____ / 21 (3 walks × 7 days)
Days I met my personal step target	____ / 7
Total steps this week	_____ steps
Average daily steps this week	_____ steps/day (total ÷ 7)
Days with incline or stairs	____ / 7
Days with at least one social walk	____ / 7
Energy level this week (1–10)	____
Sleep quality this week (1–10)	____

Notes / what I noticed:

8-WEEK REVIEW — WHAT YOUR DATA SHOWS

Look across all 8 weeks. The patterns here matter more than any single day.

Total structured walks across 8 weeks	___ / 168 (maximum possible)
Total steps across 8 weeks	_____ steps
Average daily steps across 8 weeks	_____ steps/day
Days I met my personal step target	___ / 56 days
Highest step day	_____ steps on _____
Highest-consistency week	Week ___ with ___ / 21 walks
Most challenging week	Week ___ because _____
Weeks with all 3 walks + step target met	___ / 8 weeks
Energy trend across 8 weeks	Improved / Same / Declined
Sleep trend across 8 weeks	Improved / Same / Declined
Social walk impact	Days with social walks felt: Better / Same
Incline / stairs impact	Noticed difference in energy: Y / N

What changed most noticeably after 8 weeks:

My step target for the next 8 weeks:

Korean women don't walk for fitness. They walk because it is how life works — and the accumulated daily movement, structured walks plus everything else, produces something that no single intense workout can replicate. The compounding has only just begun. Continue to the next 8 weeks.