

# Hiking Journal



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- Rating:** 1- Terrible, trying physically &/or mentally! Among least favorites.  
2- Ehh, persevered, but not thrilled enough to want to redo this one.  
3- Neutral-pleasant enough, neither loved or hated it.  
4- Good, all positive, would recommend.  
5- Awesome!! Among my favorites!!

## **Prompts: (to fill in “thoughts, observations, activities”)**

- What I regret about today or would do differently
  - Today’s gratitudes
  - I was surprised/inspired by
  - This moment:
  - Questions
  - Proudest/most fun moment of the day
  - “Hiku”
  - I want to remember \_\_\_ about this trail
  - \_\_\_\_\_ has been on my mind today
  - As a hiker, I’m improving at
  - Something new/unusual I did today
  - Sensory check-in (what I hear, smell, see around me)
  - Messages- quotes, tips/warnings, conversation overheard, song lyrics, trail wisdom, etc.
- Description of a view I witnessed today
  - Lesson(s) learned today
  - I would/wouldn’t recommend .... because....
  - Scariest/craziest moment of the day
  - Note to self:
  - I hope
  - Today’s activities/accomplishments:
  - No one would believe I \_\_\_\_\_
  - As a hiker, I still need to work on
  - Trail magic/angel I was blessed with today

**Location:**

**Date:**

**Distance:**

**Terrain:**

**Rating:**

**Solo \_\_\_\_ or Accompanied by:**

**Sightings:**

**Weather:**

**Duration:**

**Elevation range:**

**Feeling:**

**Thoughts/Observations/Activities:**

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**Date:**

**Distance:**

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**Thoughts/Observations/Activities:**

**Trail guide/map section, photo, pressed flower, poem, sketch...**

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**Trail guide/map section, photo, pressed flower, poem, sketch...**