

# Monthly Walking Log

Month: \_\_\_\_\_

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	_____	_____	_____	_____	_____	_____	_____
	Time	Time	Time	Time	Time	Time	Time
_____	_____	_____	_____	_____	_____	_____	_____
Total	Distance	Distance	Distance	Distance	Distance	Distance	Distance
<b>Week 2</b>	_____	_____	_____	_____	_____	_____	_____
	Time	Time	Time	Time	Time	Time	Time
_____	_____	_____	_____	_____	_____	_____	_____
Total	Distance	Distance	Distance	Distance	Distance	Distance	Distance
<b>Week 3</b>	_____	_____	_____	_____	_____	_____	_____
	Time	Time	Time	Time	Time	Time	Time
_____	_____	_____	_____	_____	_____	_____	_____
Total	Distance	Distance	Distance	Distance	Distance	Distance	Distance
<b>Week 4</b>	_____	_____	_____	_____	_____	_____	_____
	Time	Time	Time	Time	Time	Time	Time
_____	_____	_____	_____	_____	_____	_____	_____
Total	Distance	Distance	Distance	Distance	Distance	Distance	Distance
<b>Week 5</b>	_____	_____	_____	_____	_____	_____	_____
	Time	Time	Time	Time	Time	Time	Time
_____	_____	_____	_____	_____	_____	_____	_____
Total	Distance	Distance	Distance	Distance	Distance	Distance	Distance

## Sample Walking Program

Level	Time	Days	Goals
1	15 Minutes	5 Days	Walk 0.5 miles in 15 minutes.
2	25 Minutes	5 Days	Walk 1 mile in 25 minutes.
3	33 Minutes	5 Days	Walk 1.5 miles in 33 minutes.
4	40 Minutes	5 Days	Walk 2 miles in 40 minutes.
5	45 Minutes	5 Days	Walk 2.5 miles in 45 minutes.
6	45 Minutes	5 Days	Walk 3 miles in 45 minutes.

***Always talk to your doctor before starting any exercise program.***

When you consistently reach the goal for a level, you are ready to move to the next level.

# Walk!

Take the first step toward  
good health...



## Walking Tips

- Always warm up. Walk slowly for 3-5 minutes before exercise.
- Choose comfortable shoes with flexible soles and good arch and heel support.
- Walk on sidewalks where available; if walking on the street, face traffic and cross intersections carefully.
- Always cool down. Walk slowly for 3-5 minutes after exercise.
- Follow the cool down with 10 minutes of stretching.
- HAVE FUN!

**Chest**  
Lift chest.

**Arms**  
Keep arms bent at 90° angles.

**Stomach**  
Keep abdominals gently pulled in.

**Knees**  
Keep knees soft.

**Back Foot**  
Roll back foot along the ground and push off with your toes.

**Head**  
Keep head up with eyes looking forward.

**Back**  
Keep back straight with a tall posture.

**Buttocks**  
Keep buttocks tucked under.

**Front Foot**  
Plant front foot heel first.

