# Monthly Walking Log

**Sample Walking Program**

<table>
<thead>
<tr>
<th>Level</th>
<th>Time</th>
<th>Days</th>
<th>Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>15 Minutes</td>
<td>5 Days</td>
<td>Walk 0.5 miles in 15 minutes.</td>
</tr>
<tr>
<td>2</td>
<td>25 Minutes</td>
<td>5 Days</td>
<td>Walk 1 mile in 25 minutes.</td>
</tr>
<tr>
<td>3</td>
<td>33 Minutes</td>
<td>5 Days</td>
<td>Walk 1.5 miles in 33 minutes.</td>
</tr>
<tr>
<td>4</td>
<td>40 Minutes</td>
<td>5 Days</td>
<td>Walk 2 miles in 40 minutes.</td>
</tr>
<tr>
<td>5</td>
<td>45 Minutes</td>
<td>5 Days</td>
<td>Walk 2.5 miles in 45 minutes.</td>
</tr>
<tr>
<td>6</td>
<td>45 Minutes</td>
<td>5 Days</td>
<td>Walk 3 miles in 45 minutes.</td>
</tr>
</tbody>
</table>

*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.
**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!

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**Walking Tips**

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

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

- **Buttocks**
  Keep buttocks tucked under.

- **Knees**
  Keep knees soft.

- **Chest**
  Lift chest.

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

- **Stomach**
  Keep abdominals gently pulled in.

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

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