



STARTER WALKING PLAN

Start out by keeping track of how much you currently walk for a few days. Use a pedometer or a watch to determine how many minutes of walking you already do or how many steps you take. From there, you can the following plan add more walking into routine.

| Daily Walk | <i>Start out Slow, increase to a Brisk walk, then cool down with a Slow walk at the end.</i> | | | | | | Total Per Day | |
|------------|--|-------|--|-------------|---------|-------|-----------------------------------|-------------|
| | Slow | | Brisk | | Slow | | Minutes | Steps |
| | Minutes | Steps | Minutes | Steps | Minutes | Steps | | |
| Week 1 | 5 | 500 | 0 | 0 | 5 | 500 | 10 | -1,000 |
| Week 2 | 5 | 500 | 5-8 | 500-800 | 5 | 500 | 15-18 | 1,500-1,800 |
| Week 3 | 5 | 500 | 8-11 | 800-1,100 | 5 | 500 | 18-21 | 1,800-2,100 |
| Week 4 | 5 | 500 | 11-14 | 1,100-1,400 | 5 | 500 | 21-24 | 2,100-2,400 |
| Week 5 | 5 | 500 | 14-17 | 1,400-1,700 | 5 | 500 | 24-27 | 2,400-2,700 |
| Week 6 | 5 | 500 | 17-20 | 1,700-2,000 | 5 | 500 | 27-30 | 2,700-3,000 |
| Week 7 | 5 | 500 | 20-25 | 2,000-2,500 | 5 | 500 | 30-35 | 3,000-3,500 |
| Week 8 | 5 | 500 | 25-30 | 2,500-3,000 | 5 | 500 | 35-40 | 3,500-4,000 |
| Week 9 | 5 | 500 | 30-35 | 3,000-3,500 | 5 | 500 | 40-45 | 4,000-4,500 |
| Week 10 | 5 | 500 | 35-45 | 3,500-4,500 | 5 | 500 | 45-55 | 4,500-5,500 |
| Week 11 | 5 | 500 | 45-55 | 4,500-5,500 | 5 | 500 | 55-65 | 5,500-6,500 |
| Week 12+ | 5 | 500 | Maintain or continue to increase until you reach your goals! | | 5 | 500 | Maintain or continue to increase. | |

Remember that the rate at which you increase your walking may be faster than or not as fast as the plan suggests. What's important is that you take it one day at a time and build up your walking stamina at a pace that's comfortable for you.

*Adapted from *I Hate to Exercise, 2nd edition*, by Charlotte Hayes, MMSc, MS, RD, CDE. © American Diabetes Association.

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CHART YOUR PROGRESS

Print and fill out weekly to keep track of your progress.

WEEK

| Daily Walk | <i>Start out Slow, increase to a Brisk walk, then cool down with a Slow walk at the end.</i> | | | | | | Total Per Day | |
|------------|--|-------|---------|-------|---------|-------|---------------|-------|
| | Slow | | Brisk | | Slow | | | |
| | Minutes | Steps | Minutes | Steps | Minutes | Steps | Minutes | Steps |
| Monday | | | | | | | | |
| Tuesday | | | | | | | | |
| Wednesday | | | | | | | | |
| Thursday | | | | | | | | |
| Friday | | | | | | | | |
| Saturday | | | | | | | | |
| Sunday | | | | | | | | |

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