

These FEET are made for WALKING...so that's just what I'll do!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							



If I can sing & walk, I'm not walking fast enough. I can't walk & talk, I'm walking too fast.

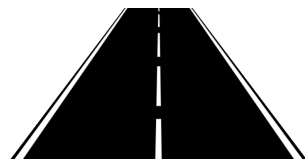
Aim for 30-60 minutes of moderate-to-vigorous activity most days of the week.

Record things like:



TIME

How long did I walk for?



DISTANCE

How far did I walk for?



STEPS

How many steps did my pedometer count today?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							