

# WALK YOUR WAY CHALLENGE

## Weekly Walking Log

HOW LONG DID YOU WALK? / NUMBER OF STEPS PER DAY								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Weekly Total
Week One								
Week Two								
Week Three								
Week Four								
Week Five								
Week Six								
Week Seven								
Week Eight								
Week Nine								
Week Ten								
Week Eleven								
Week Twelve								
Total amount of time: _____					Total number of steps: _____			

**Not sure how to start?**  
**Try this plan to work your way up to 30 minute walking sessions!**

	<b>WARM-UP</b>	<b>BRISK WALKING</b>	<b>COOL-DOWN</b>
<b>Week One</b>	<b>5 minutes</b>	<b>5 minutes</b>	<b>5 minutes</b>
<b>Week Two</b>	<b>5 minutes</b>	<b>7 minutes</b>	<b>5 minutes</b>
<b>Week Three</b>	<b>5 minutes</b>	<b>9 minutes</b>	<b>5 minutes</b>
<b>Week Four</b>	<b>5 minutes</b>	<b>11 minutes</b>	<b>5 minutes</b>
<b>Week Five</b>	<b>5 minutes</b>	<b>13 minutes</b>	<b>5 minutes</b>
<b>Week Six</b>	<b>5 minutes</b>	<b>15 minutes</b>	<b>5 minutes</b>
<b>Week Seven</b>	<b>5 minutes</b>	<b>18 minutes</b>	<b>5 minutes</b>
<b>Week Eight</b>	<b>5 minutes</b>	<b>20 minutes</b>	<b>5 minutes</b>
<b>Week Nine</b>	<b>5 minutes</b>	<b>23 minutes</b>	<b>5 minutes</b>
<b>Week Ten</b>	<b>5 minutes</b>	<b>26 minutes</b>	<b>5 minutes</b>
<b>Week Eleven</b>	<b>5 minutes</b>	<b>28 minutes</b>	<b>5 minutes</b>
<b>Week Twelve</b>	<b>5 minutes</b>	<b>30 minutes</b>	<b>5 minutes</b>

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