

WALK 'n WATCH!

GOALS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							

REMINDERS:

- Mark your progress everyday
- Every ten minutes of walking counts
- Be sure to drink plenty of water
- Warm-up before walking
- Stretch after your walk