



WALK WITH EASE

SELF-DIRECTED WALKING PROGRAM

Use this journal to log your steps daily.

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

- Remember to stretch
- Pick the right walking surface
- Observe the two hour pain rule
- Goal = 30 minutes of walking daily
- 2,000 steps = Approximately 1 mile
- 200 steps = Approximately 1 block

