

Walk With Ease Recommended Program Schedule

	Weeks						After the 6-week program
	1	2	3	4	5	6	
Read Chapters 1, 2, and 3	x						
Do your Starting Point Self-test (Chapter 1)	x						
Set up your walking plan (Chapters 2 and 3)	x						
Walk! Try to walk at least three days a week.	x	x	x	x	x	x	x
Do the 5-step walking pattern each time you walk (Chapter 3)	x	x	x	x	x	x	x
Do the FITT exercises each time you walk (Chapters 3 and 5)	x	x	x	x	x	x	x
Keep your walking diary each time you walk (Chapter 3)		x	x	x	x	x	x
Read Chapters 4, 5, and 6.		x					
Measure your fitness level in weeks 2, 4, and 6, and periodically after the program is over		x		x		x	
Monitor your walking intensity and walking progress (distance, time). (Chapter 3, 4, and 5)		x	x	x	x	x	x
Do a midway assessment of your progress using your walking diary, walking plan, and monitoring techniques. (Chapter 3, 4, 5, and 6)				x			
Do your ending point self-test and set up your future walking plan. (Chapter 6)						x	
Maintain your walking plan.							x