

TRACKING SHEET

Walking Group Name: _____

Take steps to live a longer, stronger and healthier life.
 Commit to **walking/moving** for 30 minutes
most days for 5 weeks!

Reason Why I Walk: _____

Walking Goal: _____

- 1 I will walk a total of 150 minutes a week.
- 2 I will increase my minutes walked each week.
- 3 I will walk 10,000 steps each day.

1	On Your Mark, Get Set, GO!					
1	2	3	4	5	6	7

Week 1 Total (miles or minutes):

2	Overstepping Obstacles					
8	9	10	11	12	13	14

Week 2 Total (miles or minutes):

3	Hitting Your Stride and Reaping the Rewards					
15	16	17	18	19	20	21

Week 3 Total (miles or minutes):

4	Walking Companions: Nutrition and Sleep					
22	23	24	25	26	27	28

Week 4 Total (miles or minutes):

5	Stepping Up The Pace					
29	30	31	32	33	34	35

Week 5 Total (miles or minutes):



Total Walked: