

Take Steps for a HealthyLife®

Note: This tracker can help you make informed choices about walking for your health. It does not replace medical advice or treatment. Follow your doctor's or health care provider's advice.

The WalkWell™ Tracker is one of many publications and programs offered by the American Institute for Preventive Medicine to help lower health care costs and improve the quality of life.



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Why Use This Tracker?

Use this tracker to:

- W**rite down your weekly walking goals.
- A**ssist you in meeting your goals.
- L**earn about proper walking technique.
- K**eep a walking and weight record for 52 weeks.



**Use your WalkWell™ Tracker
to see how far you can go!**

Why Walk?

Walking is an easy form of exercise and does not cost a lot. It provides many benefits and has a very low risk of injury. Check the benefits/goals you wish to get from walking.

- ☐ Have more energy
- ☐ Feel better
- ☐ Look better
- ☐ Burn calories
- ☐ Lose weight
- ☐ Maintain a healthy weight
- ☐ Relieve tension and stress
- ☐ Build stamina
- ☐ Increase muscle tone
- ☐ Improve heart health and lung health
- ☐ Lower risk of heart disease, type 2 diabetes, and some cancers
- ☐ Help treat arthritis, heart disease, depression, diabetes, and/or high blood pressure
- ☐ Slow down bone loss (osteoporosis)
- ☐ Improve balance and lower the risk of falling
- ☐ Other: _____

Read these daily to remind you to walk.

Walk How Much?

Walking is an easy way to get moderate and/or vigorous-intensity physical activity that adults are advised to get each week:

1. **At least** 2 hours and 30 minutes (150 minutes) of moderate-intensity physical activity (walking briskly for 3 miles per hour or faster, but not race-walking)

OR

2. **At least** 1 hour and 15 minutes (75 minutes) of vigorous-intensity physical activity (race walking, jogging, or running)

OR

3. A mix of 1 and 2

Does 75-150 minutes each week sound like a lot of time? You don't have to do it all at once. You can break up your activity into shorter times during the day. For example, take a 10-minute walk, 3 times a day, 5 days a week.

Adults are also advised to do muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).



How Do I Get Started

- ☐ Consult your doctor or health care provider before you start an exercise program.
- ☐ Plan walking into your daily / weekly schedules.
- ☐ Write walking times on your calendar, daily planner, or "To Do List."
- ☐ Choose the best times for you to walk.
- ☐ Pick times that you know you can stick to.
- ☐ Throughout the day, walk more. Sit less.
- ☐ Park your car farther away from the door of a store or business.
- ☐ Use extra free time to take mini-walks. The steps will add up!

Wear What?

- ☐ Good walking shoes with an arch support to absorb shock and cushion your feet
- ☐ Clothing that fits loosely and is made of fabrics that absorb sweat and remove it from your skin
- ☐ Sunscreen on exposed skin to protect it from harmful ultraviolet (UV) rays
- ☐ A hat and sunglasses (if walking outside) to protect your head and eyes from UV rays
- ☐ A fanny pack to carry:
 - Identification
 - Cell phone
 - Money
 - Sugar snack (if diabetic)
- ☐ Pedometer – if you want to keep track of your steps

Walk Where?

- ☐ Indoors from room to room
- ☐ Neighborhoods with sidewalks
- ☐ Parks and hiking trails
- ☐ The mall
- ☐ On a treadmill or an elliptical at home or a local gym
- ☐ Indoors and outdoors at your place of work
- ☐ Tracks at local schools and community centers
- ☐ Map out miles and/or 1,000 to 10,000 steps using these Web sites:
 - www.mapmyruns.com
 - www.gmap-pedometer.com
 - www.mapmywalk.com*
 - www.mapwalk.com
 - www.walkjogrun.net*

*Also has a smartphone app

Walk with Whom?

- ❑ Family members. Make it a family activity.
- ❑ A friend or neighbor
- ❑ A mall walking group
- ❑ Co-workers. Walk during lunch and/or break times.
- ❑ Join or start a walking club at your place of work or with your neighbors.

Walking with a buddy or a group of walkers decreases boredom, provides distraction, and helps keep you motivated.

Get information and support online from:

www.startwalkingnow.org

<http://walking.about.com/c/ec/115.htm>



Sample Program Using Steps

Use a pedometer to track your steps.

1. Wear the pedometer every day for one week to find out how many steps you take in a day.
2. Record your steps on page 22.
3. Add the number of steps you took from Sunday to Saturday. This is the total number of steps you took for Week 1.
4. Divide this total number of steps by 7 for an average number of steps per day.
5. Each week, add more steps each day until you reach 10,000 or more steps a day. For example, if your average number of steps per day for week 1 was 2,000; add 500 steps per day every week until you are walking 10,000 steps a day.



Week 2, walk 2,500 steps

Week 3, walk 3,000 steps

Week 4, walk 3,500 steps

Week 5, walk 4,000 steps

Week 6, walk 4,500 steps

Week 7, walk 5,000 steps

Week 8, walk 5,500 steps

Week 9, walk 6,000 steps

Week 10, walk 6,500 steps

Week 11, walk 7,000 steps

Week 12, walk 7,500 steps

Week 13, walk 8,500 steps

Week 14, walk 8,500 steps

Week 15, walk 9,000 steps

Week 16, walk 9,500 steps

Weeks 17+ walk 10,000 steps

Sample Program Using Minutes

Record minutes you walk on pages 22 to 48.

	Warm Up	Activity	Cool Down	Total Time	
WEEK 1					WEEK 1
Session A	Walk slowly 5 min.	Then walk briskly 5 min.	Then walk slowly 5 min.	15 min.	
Session B	Walk slowly 5 min.	Then walk briskly 5 min.	Then walk slowly 5 min.	15 min	
Session C	Walk slowly 5 min.	Then walk briskly 5 min.	Then walk slowly 5 min.	15 min	
Continue with at least three walking sessions during each week of the program.					
WEEK 2	Walk slowly 5 min.	Then walk briskly 7 min.	Then walk slowly 5 min.	17 min.	WEEK 2
WEEK 3	Walk slowly 5 min.	Then walk briskly 9 min.	Then walk slowly 5 min.	19 min.	WEEK 3
WEEK 4	Walk slowly 5 min.	Then walk briskly 11 min.	Then walk slowly 5 min.	21 min.	WEEK 4
WEEK 5	Walk slowly 5 min.	Then walk briskly 13 min.	Then walk slowly 5 min.	23 min.	WEEK 5
WEEK 6	Walk slowly 5 min.	Then walk briskly 15 min.	Then walk slowly 5 min.	25 min.	WEEK 6
WEEK 7	Walk slowly 5 min.	Then walk briskly 18 min.	Then walk slowly 5 min.	28 min.	WEEK 7
WEEK 8	Walk slowly 5 min.	Then walk briskly 20 min.	Then walk slowly 5 min.	30 min.	WEEK 8
WEEK 9	Walk slowly 5 min.	Then walk briskly 23 min.	Then walk slowly 5 min.	33 min.	WEEK 9
WEEK 10	Walk slowly 5 min.	Then walk briskly 26 min.	Then walk slowly 5 min.	36 min.	WEEK 10
WEEK 11	Walk slowly 5 min.	Then walk briskly 28 min.	Then walk slowly 5 min.	38 min.	WEEK 11
WEEK 12 AND BEYOND	Walk slowly 5 min.	Then walk briskly 30 min.	Then walk slowly 5 min.	40 min.	WEEK 12 AND BEYOND

Source: www.nhlbi.nih.gov/hbp/index.html

Warm Up

- ☐ Walk slowly for 5 minutes.
- ☐ Stretch for 5 or more minutes.

- **To stretch your arms:**

Hold one arm straight out from your side, level with shoulder. Swing your arm across your chest as far as it is comfortable.

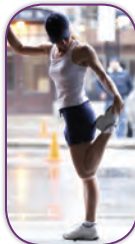
Then swing it toward your back as far as it will comfortably go. Alternate arms.



- **To stretch your back:** Stand with your feet apart. Clasp your hands high above your head. Lean your head back and look up. Hold for 5 seconds. Relax. Repeat 2-4 times.



- **To stretch your legs:** Stand up straight and balance yourself with your hand against a wall or chair. Bend one knee, grasp that ankle, and draw the leg up and back. Hold for 10 seconds. Repeat with your other leg.



- ☐ Stretch only to the point of comfort. You should feel mild tension, not pain.
- ☐ Never bounce.



Walk This Way

- ☐ Step down on the back of your heels and roll onto your toes. Point your toes forward.
- ☐ Keep your chin up and your shoulders slightly back.
- ☐ Swing your arms at your sides. Try alternating bicep curls while you walk.
- ☐ Breathe in deeply. Exhale fully.

Cool Down

- ☐ Walk at a slower pace for 3-5 minutes.
- ☐ Breathe slowly and rhythmically.

Get Motivated!

- ❑ Walk with a buddy.
- ❑ Bring music with you. Choose music to match your mood and pace!
- ❑ Walk the dog! If you don't have one, walk with your neighbor when he or she walks the dog or volunteer at a local animal shelter.
- ❑ Help the environment. Walking instead of taking the car helps our climate.
- ❑ Notice the beauty around you.
- ❑ Use walks to clear your head and sort out problems.
- ❑ Meet new people! Say "Hello" to the neighbors.
- ❑ Change it up. Walk in different areas or at different times of the day.
- ❑ Reward yourself when you reach a goal.



Walk for a Cause

Take part in national fundraising fitness-related walks that are held locally.

- ❑ American Heart Association's Heart Walk
www.heart.org/HEARTORG
- ❑ Step Out: Walk to Fight Diabetes
<http://stepout.diabetes.org>
- ❑ March of Dimes
www.marchforbabies.org
- ❑ Susan G. Koman Breast Cancer 3-Day
<http://www5.komen.org>
- ❑ Walk to Cure Diabetes
www2.jdrf.org
- ❑ Walk Like MADD (Mothers Against Drunk Driving)
www.support.madd.org
- ❑ Walk MS (Multiple Sclerosis)
www.walkms.org

Walk to Improve Your Numbers

Ask your doctor or health care provider what your current numbers are and what your target goals should be for the following:

Numbers For	Current Numbers	Target Goals
Weight (lbs.)		
BMI*		
Blood Pressure mm /Hg		
Fasting Blood Sugar mg / dL		
Total Cholesterol mg / dL		
LDL (bad) Cholesterol mg / dL		
HDL (good) Cholesterol mg / dL		
Triglycerides mg / dL		

*Get BMI information at www.nhbisupport.com/bmi



Walking Burns Calories

The number of calories you burn with walking depends on your weight and metabolism, how fast you walk, how long you walk, and factors in your walking environment.



Calories Burned for 15 Minutes of Walking			
Walking Speed	125 lb Person	155 lb Person	185 lb Person
3.5 mph (5.6 km/h)	60	75	89
4 mph (6.4 km/h)	68	84	100
4.5 mph (7.2 km/h)	75	93	111

Calories Burned for 30 Minutes of Walking			
Walking Speed	125 lb Person	155 lb Person	185 lb Person
3.5 mph (5.6 km/h)	120	150	178
4 mph (6.4 km/h)	136	168	200
4.5 mph (7.2 km/h)	150	186	222

Source: www.health.harvard.edu/heart

Step Equivalents for Distances

Distance	Average Number of Steps
1 mile	2000 (range is 1900-2400)
1 kilometer	1240 (range is 1180-1490)

Physical Activities / Step Equivalents & Calories Burned per 30 Minutes (155 Pound Person)

Activity	# of Steps	Calories Burned
Walking 2 mph (3.2 km/h)	2273	85
Walking 4 mph (6.4 km/h)	4545	167
Walking 5 mph (8 km/h)	7273	208
Aerobics (Low impact)	5909	260
Ballroom Dancing (Slow)	2727	205
Basketball (Shooting hoops)	4091	298
Bicycling	7273	260
Bowling	2727	112
Football (Touch)	7273	298
Frisbee	2727	112
Gardening	3636	172
Golf (Carry Clubs)	4091	205
Hiking	5455	223
House Cleaning	2727	167
Ice Skating	6364	260

Activity	# of Steps	Calories Burned
Jumping Rope	9091	372
Martial Arts	9091	372
Mowing Lawn (Power mower)	4545	167
Racquet Ball	6364	260
Raking Lawn	3636	149
Roller Skating	6364	260
Rowing Machine	6364	260
Running 5 mph (8 km/h)	7273	298
Running 6 mph (9.6 km/h)	9091	372
Shopping	2091	130
Skiing	5455	298
Soccer	6364	260
Softball	4545	186
Stairmaster	8182	223
Step Aerobics (High impact)	8182	372
Stretching/ Yoga	2273	149
Swimming Laps	6364	372
Swimming Leisurely	5455	223
Tai Chi	3636	149
Tennis	6364	269
Water Aerobics	3636	149
Water Skiing	5455	223
Weight Lifting	3636	112

Sources:

www.health.harvard.edu/newsweek/Calories-burned-in-30-minutes-of-leisure-and-routine-activities.htm

http://walking.about.com/od/measure/a/stepequivalents_3.htm

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Schedule time to walk or do other exercises.
Wake up 15 or 30 minutes earlier or plan to walk
during work breaks and/or at lunchtime.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Instead of sitting when you watch TV, walk in place, ride a
stationary bicycle, exercise to a DVD, or play a Wii Fit game.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Find out how many calories you should eat per day for the level of physical activity you do from www.mypyramid.gov.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Remember to drink 6-8 glasses of water a day. Choose unsweetened tea and other beverages over ones with added sugars. Opt for regular coffee instead of high-calorie coffee drinks, such as a frappuccino with whipped cream.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Start each day with a healthy breakfast. Include a whole grain bread or cereal, fruit, and nonfat or low-fat milk, yogurt, or cheese.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Eat at least 5-7 servings of fruits and veggies every day. Different plant chemicals in them may play a role in preventing cancer, heart disease, high blood pressure, and other health problems.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Have 2-3 servings of nonfat or low-fat dairy products, such as skim or ½ % milk and plain, low-fat yogurt. These give protein, calcium, vitamin D, and vitamins B₁ and B₁₂.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Choose whole-grain breads, cereals, and pastas over white, enriched ones. Include beans, lentils and peas in meals, often. Dietary fiber in these foods and in fruits and veggies help you stay fuller longer.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								
Met This Week's Goals: <input type="checkbox"/> Y <input type="checkbox"/> N Weight _____ lbs.								

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								
Met This Week's Goals: <input type="checkbox"/> Y <input type="checkbox"/> N Weight _____ lbs.								

* For blood pressure, blood sugar, or other health measure you need to keep track of

Read food labels to help you choose foods low in total fat, saturated and *trans* fats, and sodium.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								
Met This Week's Goals: <input type="checkbox"/> Y <input type="checkbox"/> N Weight _____ lbs.								

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								
Met This Week's Goals: <input type="checkbox"/> Y <input type="checkbox"/> N Weight _____ lbs.								

* For blood pressure, blood sugar, or other health measure you need to keep track of

At work, home, or elsewhere, plan walking routes that take longer. Walk to a co-worker's desk instead of emailing or calling him or her.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Whenever you can, take the stairs instead of the elevator or escalator. Make it a habit to walk up the first 2-3 flights of stairs and walk down the last 6 or more flights.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking just 2 flights of stairs every day for a year burns enough calories to lose almost 2 pounds of body fat.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walk the dog instead of letting him or her out in the yard. If you do not have a dog, volunteer to walk your neighbor's dog or tag along for their walk.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Plan family activities that include walking. Visit a museum instead of seeing a movie. Make a Saturday morning walk a family habit.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Be ready for physical activity. Keep a pair of comfortable walking shoes in your car and at work.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

If you can stick with a physical activity for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

No time in your day to walk? Walk during a break. Walk when you are talking on your cell phone.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Weight loss is the number 1 dietary measure to help lower high blood pressure. Walking and other physical activities, done routinely, can help you lose weight.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

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Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

When you reach a weekly goal, reward yourself with a flower or inexpensive item that makes you happy.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

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Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Make physical activity enjoyable. Walk or dance to your favorite music. Exercise with friends and family members you enjoy being with. Try a new activity offered at work or a community center.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

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Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

If muscles or joints start to hurt while you exercise, ease up. If you get dizzy or have chest pain, seek medical care right away!

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

When you are bored, crave sweets, or feel stressed, take a walk.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

As you track your progress, note how you feel and if you have more energy during the day.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

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Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Post reminders on your refrigerator and on the bathroom mirror to walk and do other physical activities.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

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Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Take only one item up and down the stairs at a time instead of saving items at the bottom of the stairs and making only one trip.

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Join a class or a group sport that you enjoy. You will look forward to exercise and others will count on you to show up.

WalkWell™ Record

Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

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Walking Tracker – Week of: ____ / ____ / ____

	This Week's Goals: _____							
	Su	M	T	W	Th	F	Sa	Totals
# of Steps								
Distance								
Minutes								
Other*								

Met This Week's Goals: ☐ Y ☐ N Weight _____ lbs.

* For blood pressure, blood sugar, or other health measure you need to keep track of

Make physical activity a lifelong commitment.

*"Those who do not find time for exercise will
have to find time for illness."*

– Earl of Derby