



Walking Journal

Number of minutes walked each day.

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

Nutrition & Exercise Tips

- Start with good nutrition! Choose tasty, nutrient-rich foods that include dairy, fruits, vegetables and whole grains.
- Stretch before and after exercising.
- Find ways to get 60 minutes of activity a day.
- Have a friend or family join you!